

Super-Fast
Supper
Tonight!
page 173

Better Homes and Gardens®

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Spring in Bloom

Fresh Ideas for Your
Rooms, Garden, Table

No-Fuss Easter
Brunch page 165

New Looks
for Windows
(Starting at \$20)

Grow Your
Own Veggies
Eat Better and Save

5 Easy Ways to
Live Greener



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Better Homes and Gardens®

ON OUR COVER

Spring in Bloom

Fresh Ideas for Your Rooms,

Garden, Table

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COVERPHOTO: PETE KRUMHARDT

April

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between friends



“The green concept of reduce-recycle-reuse has never felt fresher—or made more sense.”

a couple of years ago, a small market opened up near my home and instantly changed the way I shop. The shelves are stocked with local and organic produce, and the meats labeled with their town of origin. If I time my visits right, I can chat with the farmer who supplies the milk and cream. Now, it's where you'll find me most Saturday mornings, browsing the aisles and sampling the flavors. I still go to a regular grocery store, of course, to stock up on favorites. But when I'm in the mood for serious cooking, it's the fresh ingredients at my small market that inspire me. Who can resist a dewy, just-pulled bunch of baby carrots? Or the good feeling of choosing things grown in earth not far from your home? The quality and simplicity of *fresh* are right-now pleasures that cost little yet feed us well.

This issue is our tribute to fresh: fresh foods, fresh ideas, and, especially, fresh thinking about eco-friendly living. The green concepts of reduce-recycle-reuse have never made more sense than now, when so many of us are trying to save money and waste less.

Every month, we include simple steps you can take to live a little greener. This issue, in honor of Earth Month, we introduce you to people who've woven green practices into their everyday lifestyle. Sara Snow—Discovery Network host and green advocate—brings her ideas for keep-it-simple entertaining with an eco-twist. Atlanta-area gardener Wendy Murray shows how to create a lush garden with reduced watering and pesticides. California mom Ashley Waltemath shares her family's vibrant home—a fresh take on traditional style—and their everyday green practices.

For many of us, a first step into green is through our foods, as we buy more local or organic produce. “Vegetable Plates,” page 156, brings you five almost-vegetarian main dishes that take advantage of the crunch, color, and flavors of spring’s best. Eating more fresh veggies is a triple win—good for health, good for the earth, and just plain good. Learn how to grow your own, page 94.

Throughout the issue, look for our Living Green icon on tips and stories to help you save money, conserve resources, or live a little lighter on the earth—and a little fresher, too.

Gayle Goodson Butler, Editor in Chief



Look for this symbol for Living Green tips and stories throughout this issue.

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DREW BARRYMORE

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In Memoriam — E. T. Meredith III, 1933–2003

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letters CONNECT WITH US



THIS IS A GREAT BIG THANK YOU

from my family for "American Classics: Biscuits" in the February issue. For years I've been making "brickets," as my husband and children call them. When I read the article I told them: "If this doesn't work, I quit!" Well, they were an absolute success.

Shan Kettle, Kaysville, UT

Chef Scott Peacock's buttermilk biscuits were a hit with many readers, as well as diners who got to sample them in Washington D.C. during Inauguration festivities.

MY HUSBAND AND I own a bed and breakfast and always serve a fruit dish for the guests as a first course—usually a berry and yogurt parfait. I tried the recipe for "Citrus Salad" in your February issue and our guests loved it. I can make it the night before with fruits that are in season, saving me time in the morning and money, too.

Janet Mobbs, Tulsa, OK

I LOOK FORWARD to receiving every issue but February really spoke to me. To see color used in such exciting ways gave me so many new ideas. After seeing

THANK YOU SO MUCH for the great ideas in February's "From the Heart." The photo books were so easy to make, and my mom and sister will be excited when they receive these handmade cards.

Kari D., via e-mail

Gwendolyn Moore's garden, "Bold Strokes," I plan on painting my house those colors this summer.

Bonnie Fox, Lafayette, IN

OPENING THE FEBRUARY issue on a gloomy midwinter day transported me to a world of new and vibrant color combinations, inviting gardens, and mouth-watering recipes. It was like getting a bouquet of daffodils and tulips in the mailbox. Thank you.

Ardith Rost, Sonnette, MT

I REALLY ENJOYED the article "Charm Me" in the February issue. I love designer Barbara Andrea's style and the way she uses the color blue in her rooms. I've been collecting McCoy pieces in that color and use them in various spots.

Barbara Brown, Valley Forge, PA

WE ASKED: How do you chase off the midwinter blahs?

MY HUSBAND AND I celebrate our annual Midwinter Meltdown by donning bright aloha shirts, preparing an island-style tailgate, mixing a pitcher of margaritas, and putting in a Jimmy Buffett concert DVD. It's an evening of great fun.

Glenda Malzi, Thaxton, VA

OUR WINTERS in Canada are very long and cold. Every year my family gets together with other hockey families to have our Summer Blitz. Everyone brings a summer potluck food: barbecue, potato and macaroni salad, strawberry shortcake, and lots more. We all arrive wearing shorts and summer attire under our snowsuits. It's always a great time.

Denise Maton, Ontario

TO HELP CHASE AWAY the winter blahs, I pull out my gardening magazines and start planning my flower gardening for the spring. Just looking at the sunny pictures of all the different flowers warms my insides, and I know that spring is just around the corner.

Julie Wilson, Hazel, KY

I MAKE A POINT to bring more art and music into my life this time of year. I look for concerts and art shows in my community. A little chocolate helps now and then, too.

Tamara Miles Gantt, West Columbia, SC

We'd love to know...

... You're stretching your dollars farther and working harder. What do you splurge on? How are you having fun?

OLAY

Beyond deep clean to **micro-clean.**

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Olay Deep Cleaners

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Olay deep cleaners pictured.



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*Subject to official rules and entry at [BHG.com/springprius](#) and [BHGnaturesgarden.com/springprius](#). No purchase necessary to enter or win. The Spring Awakening Prius Sweepstakes begins February 10, 2009, and ends June 1, 2009. Entries must be received by 11:59 p.m., ET, on June 1, 2009. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per person per day. Void where prohibited. Sponsor: Meredith Corporation.

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BY OMA BLAISE FORD; PHOTOS (EXCEPT WHERE NOTED): BILL HOLT; PRODUCED BY JANNA LUFKIN



FUN WITH FLOWERS

Nesting Instincts

Turn a handful of dyed eggs and a few bunches of carnations into a perky spring centerpiece. Fill a medium-size footed bowl with a few inches of water. Nestle dyed eggs in a smaller bowl and set in the center of the footed bowl (prop bowl on a dish if necessary). Cut carnation stems about 2 or 3 inches long and pack the blooms around the bowl of eggs.



HANDS-ON STYLE

Door Prize

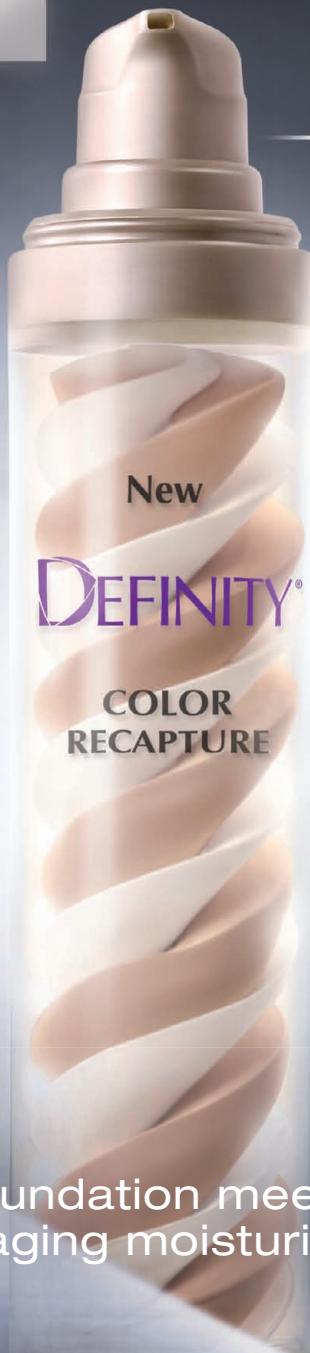
A tumble of pastel eggs makes a cheery welcome at the front door. Wrap styrofoam egg shapes (available at craft supply stores) with strips of crepe paper, attaching ends with glue or a small straight pin. Embellish with ribbon secured with small straight pins, leaving a long end for tying. Gather eggs at varying heights and tie ribbons together. Hang from a removable adhesive hook or wreath hanger. Add a ribbon bow. **TIP** Cut your own crepe paper strips from folded sheets, above. Crepe paper, \$1.50/pkg., ps-stores.com

Crate Expectations

Treat the Easter hostess to a little pampering. Fill an empty egg carton with fizzy bath balls, cover the carton top with pretty paper, and tie with ribbon.



OLAY



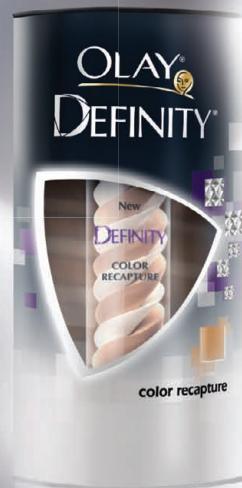
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HOW-TO

Plant an Egg

Delicate eggshells make precious pots for tiny plants such as coleus seedlings, above, or small succulents or colorful miniature African violets, right. The eggshell pots can be cracked apart later and the seedlings transplanted.

1. Hold an extra-large or jumbo egg on its side. Tap the pointed end firmly with a table knife to just break through the shell; turn it slightly and tap again to remove the "cap." Use or discard the contents and rinse the shell.
2. Create a drainage hole by carefully pushing the point of a small knife through the bottom of the shell.
3. Gently remove about half the soil from around the roots of a small plant. Ease the roots and remaining soil into the shell; add a small amount of soil to cover the roots.





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SUPER SIMPLE

Band Mates To create graphic stripes on dyed eggs, wrap eggs with wide rubber bands (the ones often found on broccoli at the supermarket) before dunking them in dye, *below*.

TIP Wash rubber bands well between uses to avoid transferring dye. ☺



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For buying information see page 232.



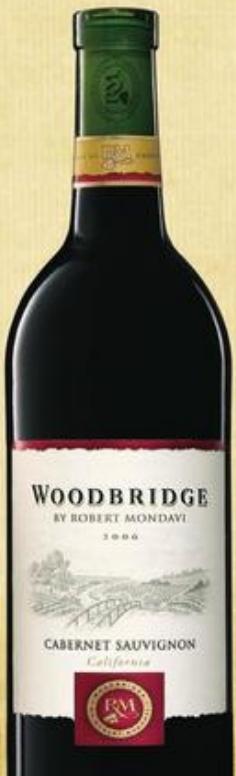
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ideas

ALL ABOUT COLOR

Citron blends the sunny side of yellow with a lively spring green—zesting up any room.

BROAD STROKES

CREAMY KEY LIME

This softer shade of citron works well with muted orange and buttery yellow. Lime Mousse 6008-9B; valspar.com

BROAD STROKES

TEMPERED CHARTREUSE

Tinges of black in this vibrant color dial back the lime green to a wall shade you can live with. Try with olive green or pale blue. Spiny Green 1044T; safecoatpaint.com

SMALL STROKES

CITRUS PUNCH

This vivacious shade adds zing to an accent wall or the back of shelves. Tame the hue by pairing with creamy white. Country Breeze A29-6; acehardware.com

SMALL STROKES

SUNNY SIDE

Try this optimistic color in a breakfast room or sunroom. Frolic C26-2; dutchboy.com

BROAD STROKES

GRASSY GREEN

Crisp and clean, this hue takes its cue from nature. Light browns and organic accents warm the shade. The color is ideal in rooms with abundant natural light. Yellow Lettuce A68-5; olympic.com

BY KELLY RYAN KEGANS; PHOTO: ADAM ALBRIGHT; PRODUCED BY JESSICA THOMAS

"I'm so much more than a number on a scale."



"I've had my struggles with eating right and being a working mom like a lot of women out there, I tend to put myself last. So I made a promise to do something for me. I've been doing this long enough to know what doesn't work. I've tried those things. But alli works for me. I take it with each meal, and since it works by blocking some of the fat in the food I eat, it helps me make healthier choices. The alli website has been really helpful too. If you have a question, or just need some encouragement, there's a community of people who are trying to be healthier, they can offer support too."

Absolutely the most important reason I chose alli was because it's FDA approved. I can't recommend that people take something I'm not willing to take myself. I had to be able to say, it's okay to take alli. It's safe.

With the alli program, I feel better. I feel stronger and healthier. I have more energy, especially with my kids. That's a huge difference in my life. I hope people will see my story and think, 'if she can do it, I can do it.'"

alli (Orlistat 60 mg) is a weight loss aid for overweight adults. alli is safe when used as directed. read and follow label instructions. ©2009 GlaxoSmithKline Consumer Healthcare, LP.

alli
mystorymyalli.com

Citron's juicy tone works with many colors to create a look that's fresh, vibrant, and fashion-forward.



SPRING FORWARD

Citron can't help but perk up a room, says color expert Philippa Radon. "It's a great morale booster," she says. At the same time, the hue makes a bold statement, so learning how to use it is key, she adds.

■ **Choose sides**
"Keep to either the yellow or the green in citron, because it's harder to pull it off with too many variations of this color in one space," says Philippa.

■ **Dynamic duos**
Paired with blue-greens, coral, and raspberry, citron is striking, Philippa says. "For a more subdued palette, paint café au lait-like browns on walls and use muted citron for furniture fabric and accents."

■ **Make a plan**
Before using such a strong color, Philippa advises studying the entire room's decor for balance. "Think in terms of fashion: What would your choice of lipstick and jewelry be?"



Palette pairings Turn up citron's volume with a high-energy wall color and bright contrasting accents, above, or tone it down with warm neutrals, right.

WALL TRIM, ABOVE
Alabaster SW7008;
sherwin-williams.com

FABRIC ACCENT
Tangerine boldly plays off of citron's bright side.

ON THE WALL, RIGHT
Baked Scone 3007-8B;
valspar.com

FURNITURE ACCENT
Playful Song 17B5;
truevaluepaint.com



For buying information
see page 232.

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Green Glass Tumblers
(made from repurposed
Bordeaux bottles), \$40
(set of 4); potterybarn.com



Stacy Garcia African Lilly Spring
Giclee Plug-In Chandelier, \$130;
lampsplus.com



Costa Brava
frame (5"x7"),
\$40; snappy-turtle.com



Citron's Sunny Side
For a smaller dose of this attention-getting
color, think accessories. A few
well-placed accents in the bright hue
leave a room minty fresh.

Curvy Servers,
\$12 (set of 2);
branchhome.com



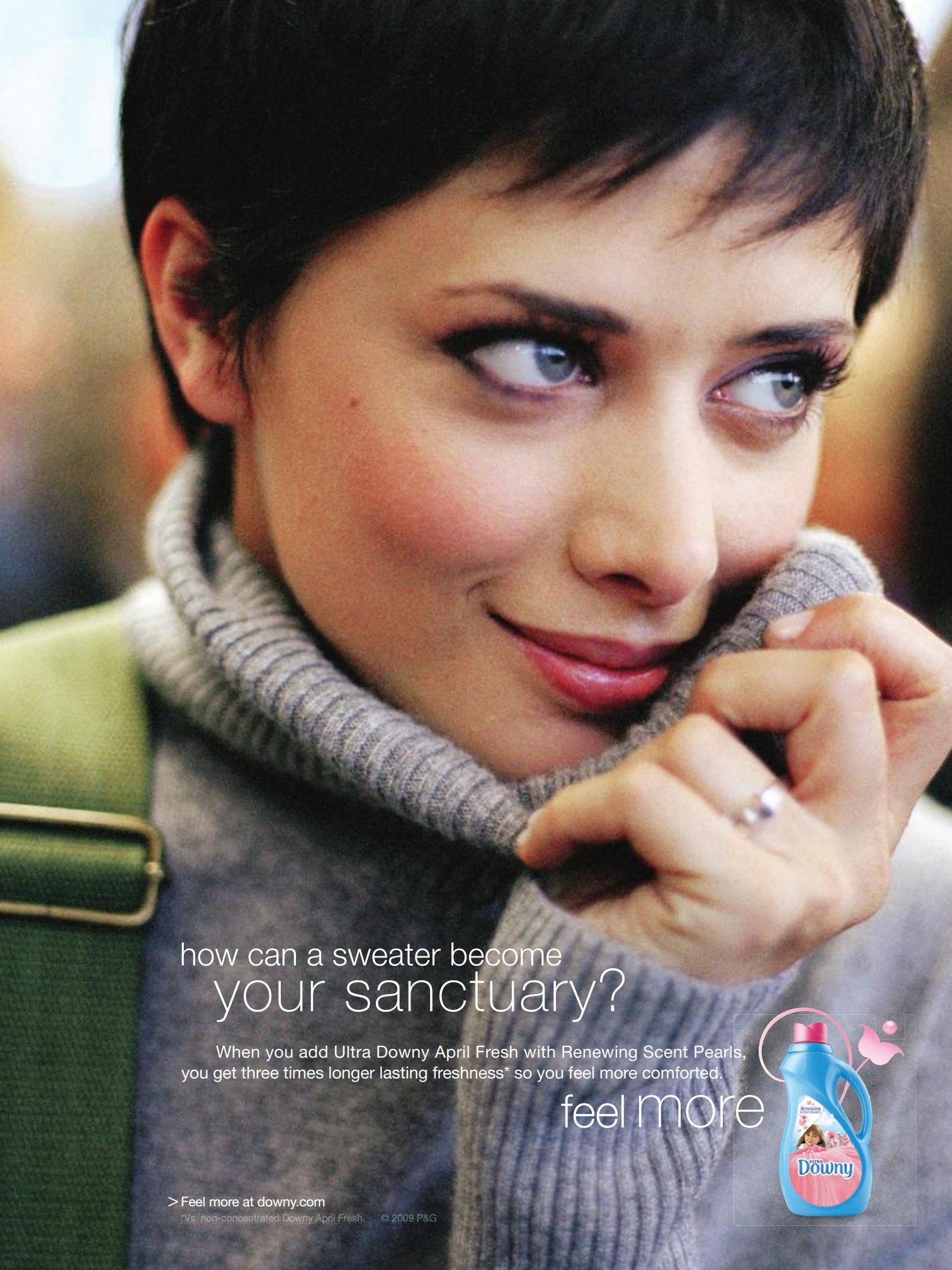
Eden Floral Melamine
Dinnerware, \$4-\$11;
laprimashops.com



Citron Dots
vinyl place mat
by Chilewich,
\$6.75;
sprouthome.com

SHOW US YOUR COLORS! What color have you painted in a room recently? Send us a picture either by **E-MAIL** bhgallaboutcolor@meredith.com or **WRITE US** Better Homes and Gardens® "All About Color" 1716 Locust St., Des Moines, IA 50309-3023

PHOTOS: MARTY BALDWIN; MARKET EDITOR: APRIL HARDWICK



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*70 calories per 8 fluid ounce serving; price may vary by retailer.



ideas



STYLERAKER

A champion of **earth-friendly living**, television personality Sara Snow knows that going green starts at home. Follow her lead for a down-to-earth get-together.

BY JODY GARLOCK PHOTOS HELEN NORMAN
STYLING JANNA LUFKIN



ideas

STYLED

Just minutes before guests

arrive in her Indianapolis home, Sara Snow remains a vision of calm. Potted herbs she uses for cooking have been pulled onto tables for easy centerpieces, and a bag of prewashed organic greens fills a bowl on the kitchen counter. For the rising queen of living green—Sara hosts two Discovery Network shows—the secret to entertaining is simplicity. “Keeping things simple means you’re not feeling crazed when guests arrive,” she says. And a party lets her showcase her philosophy. Having grown up in the ‘80s in a rural Michigan house with solar panels and big organic

gardens, Sara soaked up early lessons. Her mom didn’t forbid her from eating a sugary brownie, but she did ask that Sara pay attention to how it made her body feel. “That taught me to really respect food and recognize that it’s more than just something that fills our bellies,” Sara says. Today, Sara wants people to find their own balance in how they eat, decorate, and entertain. “Rather than tell people they need to change how they live, I prefer to let them see how easy it is to incorporate new habits into daily life,” she says. “I want people to feel encouraged to try something new rather than be guilted into making changes.”



Potted herbs are conversation-starting centerpieces. A swish of chalkboard paint on each pot makes an easy-to-change label.



Mismatched plates from thrift stores keep the party casual. “They’re an alternative to disposable plates, which create a lot of waste,” Sara says. “At 25 cents apiece, you could even donate them right back.”



Sara’s recycled cotton bags are party favors; she figures guests can never have enough. “I shove all my bags into one that I take to the store.”



Guests don't expect a five-course meal. For me, throwing a party is a chance to enjoy family and friends. **SARA SNOW**

Canning jars make nifty containers for Sara's homemade party favors, such as a body scrub she makes, mixing salt and jojoba oil. Guests can help themselves to fruit juice punch, *right*, and mix in sparkling wine or spirits as they please.



"Think about where you want guests to congregate, then place beverage and food stations there," Sara says. That includes placing recycling bins front and center, so that no one need hunt through the kitchen to do the right thing.

"When I'm planning a menu, I think of foods that also might inspire people to try them on their own," Sara says. "A simple pasta dish with locally grown tomatoes and basil doesn't cost much, and it works for guests who don't eat meat." She's doesn't overdo dessert, either, opting for "just something people can take little nibbles on, like fair-trade chocolate and fruit."

Spring through fall, weekly produce deliveries from a local CSA (go to localharvest.org for locations of community supported agriculture outlets) ease the shopping time crunch. "You never know what you're going to get from week to week, so it encourages you to

try different foods," Sara says. In grocery stores, she shops the organic section. "Organic tends to cost more, so I encourage people to look at it as an investment in their family's or guests' health," she says. She recommends choosing organic for items that, when grown conventionally, tend to have the most pesticides, such as peaches and apples, but sticking with conventional for produce that you'll peel, such as onions. (Go to foodnews.org for more information.) And she gives special thought to beverages, offering a variety of juices and sparkling waters to mix and match. "The first thing you hand a guest is a drink," Sara says.



- 3:15 Cab it to client meeting
- 3:23 Find out meeting location changed
- 3:26 Jump in another cab
- 3:31 Yum**
- 4:27 Happy client signs deal
- 4:35 Skip the office and cab it home



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ideas

STYLEDMAKER

It's all about creating new habits. A small change, like remembering to take cloth bags to the store, will eventually become second nature.

For Sara, entertaining is an opportunity to educate.

"The things in my house can serve as a learning tool for a green lifestyle," she says. She and her husband, Ryan, restored their 1920s house by scouring salvage shops to replace missing tiles, adding denim insulation, choosing solid-wood products over manmade, and finding new uses for ripped-out fixtures.

(The old kitchen cabinets found second life in the basement.) "We essentially took a very old home and recycled it," Sara says.

Smaller eco-friendly touches run throughout her home, from

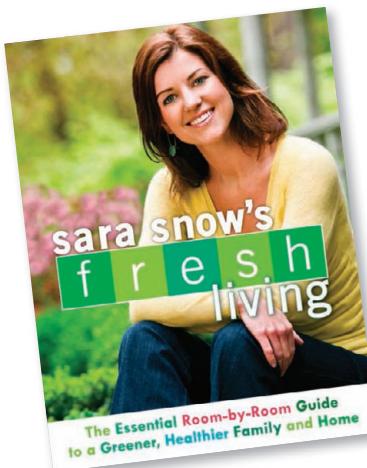
all-natural cotton throw rugs to the rice-hull vases filled with herbs. During parties, Sara pulls recycling bins to the heart of the kitchen, where guests gather. "It makes it really easy for guests and easy for me, since the cleanup and sorting is already done," she says. And when sending home leftovers, she grabs a casserole dish the guest can return at her convenience rather than a plastic container.

"We've gotten so used to disposability and waste," she says. "But if we just take a step back and consider how things used to be done, we see a really good model for how we should live today."

THE NEXT STEP

Eco Read

Ease into green with this room-by-room tome.



EMPHASIZING THE EASY, Sara Snow's new book is filled with practical ways to go green. In *Fresh Living: The Essential Room-by-Room Guide to a Greener, Healthier Family and Home* (Bantam, 2009), Sara turns lessons from her own life into ideas on doing laundry, decorating, introducing kids to healthy eating—even greening the garage. She walks the

perimeter of the grocery store, where the most nutritious foods tend to be located, and equips an all-around-the-house cleaning kit with baking soda, lemon juice, and vinegar. A "second-generation organic" (her father, Tim Redmond, founded the natural foods company Eden Foods), Sara also hosts Discovery Network's *Living Fresh and Get Fresh with Sara Snow*. □

indoors

AT HOME

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RENOVATION

43

STYLE MADE SIMPLE

60

LIVING GREEN

80

COMFORT ZONE

In the home Kelly Welsh shares with her two sons, Ryan and Erik, texture is key—raw wood coffee tables, a worn metal bin for firewood—while color plays second fiddle.



Old Soul

In this new suburban home, well-worn details bring country character to the cul-de-sac.

BY SHARON OVERTON PHOTOS SUSAN GILMORE

PRODUCED BY ALECIA STEVENS STYLING JESSICA THOMAS

indoors

AT HOME





From the white clapboard siding and wraparound porch to the snowball bush and freckle-faced boys in the yard, everything about Kelly Welsh's home says "classic Minnesota farmhouse." The only thing missing, it seems, are dairy cows grazing on the lush green grass.

But while Kelly was raised on a real working farm, she prefers the modern conveniences of suburban life for herself and her two young sons, Erik and Ryan. When she found this home in a new neighborhood near St. Paul, she was immediately drawn to its simple, vernacular exterior. "It goes back to the roots of who I am," says Kelly, an interior designer. "There's nothing pretentious about it."

Inside was a different story. Finishes such as spray texture on the ceiling didn't fit with Kelly's idea of classic farmhouse style. She enlisted her brother, a relatively inexperienced carpenter, to install 1x6-inch pine planks painted white to camouflage the popcorn ceilings. "I went with cheap labor," she says with a laugh. "The boards aren't perfectly installed and I love it!"

To contrast with the dark-stained floors, Kelly painted the walls creamy white then added texture with nubby woven fabrics and seagrass rugs.

HOME BASE

In the living room, which doubles as the family/TV room, natural fabrics, woven blinds, and a colorful wool rug take the edge off formal furniture.

**GOING GREEN**

Kelly's home gets a big charm boost from the green principle of reuse. Reclaimed oak boards in random widths give the floors a warm, authentic farmhouse look. The chandelier over the kitchen island, above, is made from repurposed crumpled zinc. Kelly rescued the green hutch, right, from the side of the road. Peeling paint and a screen door patched with twine made it all the more appealing, she says. The rustic piece is balanced by a new rosewood table and modern chairs.



"People always say, 'Paint the walls a color. That will give you warmth.' But white is the perfect backdrop for collected items with layers of texture."

In the kitchen, she replaced some of the upper cabinets with sturdy open shelves that showcase everyday white dishes. She painted the remaining cabinets a shade of greenish gray. Concrete counters and pale gray woodwork complete her sophisticated neutral palette.

With such a quiet backdrop, Kelly can make an even stronger statement with a few bold pieces, such as an old farmhouse hutch in the dining room. She pairs this primitive piece with new ladderback chairs that manage to feel both comfortingly familiar and refreshingly modern. Which describes this former farm girl "to a T," says Kelly. "I love having that connection to the past, but you always have to be looking forward."



whatever the
inspiration bring it home.



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A LITTLE BIT COUNTRY

Kelly played off the farmhouse style of her home's exterior, far left, with these easy character updates inside:

1. Change the hardware

Kelly replaced the brushed chrome on her kitchen cabinets with oil-rubbed bronze knobs and drawer pulls. Open shelves with simple brackets also fit the style.

2. Plank a wall

Surprisingly simple to install, horizontal boards from a lumberyard or home center can be attached directly over wallboard. Just be sure to nail into studs. (On a ceiling, nail the boards perpendicular to the trusses.) Use a level, but stagger the seams and allow for imperfections.

3. Keep it simple

A minimalist at heart, Kelly collects sparingly and favors strong shapes and interesting graphics when it comes to accessories. Her favorites include an old milk jug painted mustard yellow, a set of framed botanicals, and a vintage poster advertising poultry and eggs (in the dining room).



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a whole new way to love them back





CREAMY WHITE + GRAY NEUTRALS = CLEAN COUNTRY

- Pure cream makes a sophisticated backdrop for aged textures and painted furniture; Benjamin Moore Glacier White (OC-37).
- A soft putty gray pairs well with white walls as an accent for wood trim; Sherwin-Williams Analytical Gray (7051).
- Like your favorite khakis, warm beige looks great with crisp white linens in a bedroom; Sherwin-Williams Cargo Pants (7738).
- Accent a special feature, like Kelly did on her stair rail, with a deep greenish brown that mimics aged bronze; Sherwin-Williams Urbane Bronze (7048).



AGING GRACEFULLY

In old farmhouses, bathrooms often were carved out of back porches. Kelly achieved a similar effect by planking the ceiling and walls in the master bath, *left*. The chrome-and-granite vanity is a modern take on an old-fashioned washstand.

CASUAL LEANINGS

Propping photos or artwork on the floor “looks a little more collected and comfortable” and leaves breathing space for a beautiful iron headboard, *above*. ☙

*For buying information
see page 232.*



go nose to nose
with allergies.

While many allergy medicines block histamine, SINGULAIR works differently by blocking leukotrienes, an underlying cause of indoor and outdoor allergy symptoms. One cherry chewable SINGULAIR once a day is proven to help relieve nasal allergy symptoms in kids age 2 to 14 – without causing drowsiness. Ask your child's doctor about a different way to treat allergies. Prescription SINGULAIR. Made with kids in mind.



IMPORTANT SAFETY INFORMATION: Side effects are generally mild and vary by age, and may include headache, ear infection, sore throat, and upper respiratory infection. Side effects generally did not stop patients from taking SINGULAIR. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see the Patient Information on the adjacent page and discuss it with your child's doctor. To learn more about SINGULAIR and how you may be able to save on your

next prescription*, visit singulair.com or call 888-MERCK-95.

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*Eligibility restrictions apply. For details and full Terms and Conditions, visit singulair.com/allergy. SINGULAIR is a registered trademark of Merck & Co., Inc. Copyright ©2009 Merck & Co., Inc. All rights reserved. 20950137(I)(414)-SNG-CON

Patient Information
SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR®?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

1. Asthma.

SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.

Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

2. Prevention of exercise-induced asthma.

SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.

3. Allergic Rhinitis.

SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:

- **Pregnancy:** If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- **Breast-feeding:** If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies:** Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines:** Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:

- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your

treatment of exercise-induced asthma.

- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:

- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:

- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:

- One 10-mg tablet for adults and adolescents 15 years of age and older

For allergic rhinitis—Take once daily at about the same time each day:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:

- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:

- increased bleeding tendency
- allergic reactions [including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching]
- behavior and mood related changes [agitation including aggressive behavior, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, suicidal thoughts and actions (including suicide), tremor, trouble sleeping]
- drowsiness, pins and needles/numbness,

seizures (convulsions or fits)

- palpitations
- nose bleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising
- joint pain, muscle aches and muscle cramps
- swelling

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms:**

- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.

Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:

- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:

- coughing
- wheezing
- chest tightness
- shortness of breath

What is exercise-induced asthma?

Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
 - stuffy, runny, and/or itchy nose
 - sneezing

Rx only

US Patent No.: 5,565,473

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20950137(1)(414)-SNG-CON

FRESH TAKE
The window was the only thing worth saving in the original kitchen. Updated with paint and hardware, it now provides a sunny backdrop for new traditionally styled cabinetry and flooring, both in maple.

10 Ways to Get a Greener Kitchen

Planning a kitchen remodel that's ecological and economical may be easier than you think.

Environmentally friendly building products have a reputation for being expensive and difficult to find in all parts of the country. Is it possible to remodel your kitchen affordably using accessible sources? When homeowner Shelley Caldwell decided to gut her impossible-to-save kitchen, we had a firsthand chance to find out by helping her with the room's design.

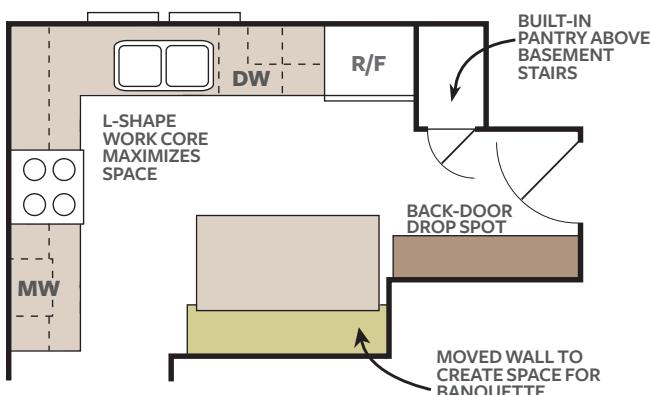
Our goal was to go as green as we could using products from Home Depot, Sears, open-to-the-public showrooms, and online outlets. We shopped for kitchen components with long-lasting, go-with-everything style. The companies we targeted strive to give ready-made products some of the same eco-conscious qualities as high-end custom ones.

How did we do? Turn the page for a look at our cost-effective approaches to green.

BY KIT SELZER PHOTOS ADAM ALBRIGHT PRODUCED BY JOSEPH BOEHM



THE PLAN Keeping the overall layout simple eased the renovation process. By enlisting the help of two do-it-yourselfers, Shelley saved the cost of installing the flooring, cabinetry, tile backsplash, and light fixtures.



1 SIMILAR FOOTPRINT

The first rule for both green and low-cost remodeling: Work within available space. Removing all original cabinetry and a dropped ceiling dramatically opened up this kitchen. No exterior walls were moved, but Shelley did push a wall 28 inches into an adjoining bath to create the new 175-square-foot kitchen.

2 CABINETRY The most eco-friendly cabinets at home centers have received the Environmental Stewardship Program certification from the Kitchen Cabinet Manufacturers Association. The cabinets in Shelley's kitchen use certified North American-grown hardwoods and recycled or recovered fiber content. They also meet low-emission standards for formaldehyde, an adhesive chemical used in pressed-wood products.

3 APPLIANCES In addition to an Energy Star-rated refrigerator and dishwasher, this kitchen features a new kind of appliance: an energy-efficient induction range. Its cooktop creates an electromagnetic field of energy that provides instant heat only to the pan. Its price tag makes it a splurge, but consider this method the future of "green cooking."

4 BACKSPLASH TILES

Above the range, 2x4-inch glass tiles—both frosted and iridescent styles—launched the color palette. The tiles are made from 10 to 100 percent recycled material, depending on color.

4 ways to vitality

Helps lower cholesterol*

Promotes overall well-being**

Good source of natural fiber

Promotes natural cleansing process**

Metamucil.

100% natural psyllium fiber to help promote vitality from the inside out.

*As part of a diet low in saturated fat and cholesterol.

**These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.





5 COUNTERTOPS

Entirely eco-friendly countertops are among the most pricey, and fabricators can be limited. Our local retail choice was solid-surfacing, which can be repaired and even recut should this kitchen be remodeled again.

6 FLOORING

Shelley wanted to use the same flooring throughout her small house, which ruled out some green options such as linoleum and recycled-content carpet. We chose planks made from maple, a sustainable North American hardwood. Achieved without stains or solvents using a special aging process, the dark finish looks like exotic wood without the environmental impact.

7 LIGHTING FIXTURES

An Energy Star-rated pendant and pair of wall sconces with compact fluorescent bulbs offer long-lasting illumination.



BUDGET BREAKDOWN

Do-it-yourself labor (on everything except the countertops) helped control costs. These suggested retail prices are approximate and may vary nationwide.

Cabinetry	\$8,286
Induction range	\$3,200
Refrigerator	\$2,500
Ventilation hood	\$ 680
Dishwasher	\$ 390
Microwave oven	\$ 130
Countertops and installation	\$ 3,560
Flooring	\$ 1,390
Backsplash tile	\$ 300
Sink	\$ 568
Faucet with filtered water system	\$ 791
Pendant and wall sconces	\$ 427
Pantry racks and pullout recycling bins	\$ 318
Paint	\$ 150
Fabric	\$ 94

TOTAL \$22,784





Funny... took out a wall,
got new appliances,
and a faucet ends up being
my favorite improvement.

My kitchen.
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For more about the Anabelle™ pullout faucet and other Moen® products designed for your life, go to moen.com.



SMART STAND-INS Removing the cabinets and pushing back a wall made it possible to add an eating spot. In the area beyond the new banquette, a shallow unit, above, and a built-in pantry on the opposite wall, above right, maximize storage with easy-to-install organizers.



8 FAUCET AND SINK

A faucet with a filtered water system, activated by one of two levers, eliminates the need for bottled water. The other lever controls the temperature. The faucet teams up with a cast-iron sink containing 93 percent recycled and reclaimed content.

9 PAINT The paint used on the walls and trim scores high on the green chart: Neither the base nor the colorants contain volatile organic compounds (VOCs). Available in nearly 3,500 colors, this virtually odorless paint dries so quickly it can be recoated after an hour.

10 RECYCLING CENTER

Even a tiny kitchen can carve out space for a recycling center. By the back door, we outfitted a cabinet with pullout trash bins for easy sorting and temporary storage of recyclables. Deep drawers can hold bags for grocery shopping. This spot is also an ideal first stop for incoming mail; separate it here so that paper trash can be identified for recycling.





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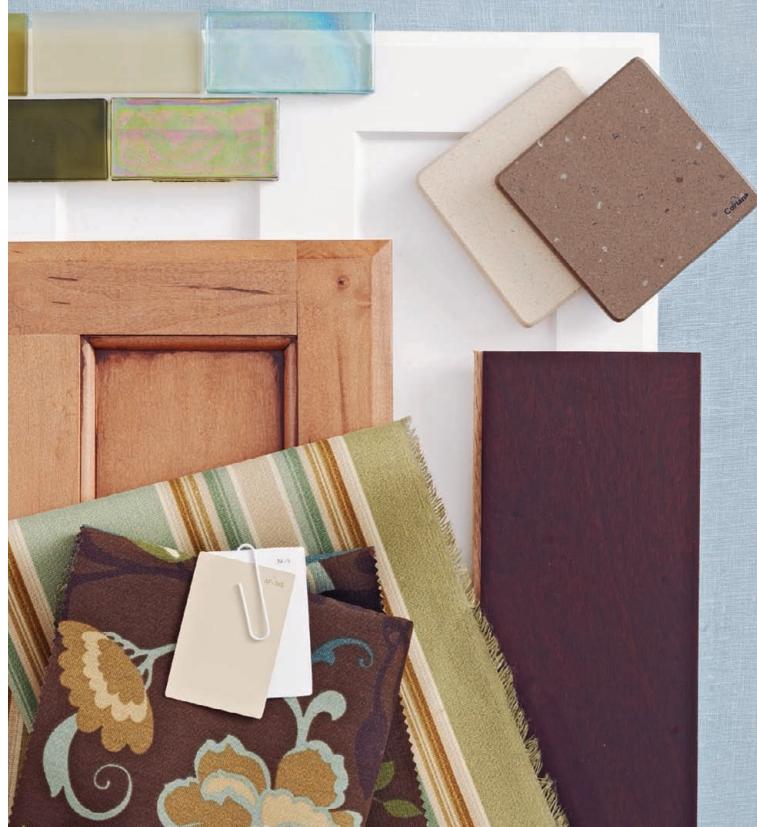
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What Makes It Green?

Factors such as price and availability may influence how green you decide to go. Consider these points when shopping.

- Certifications can help narrow the field. Third-party evaluations and independent testing hold the most weight. Energy Star, Greenguard, and Green Seal are trustworthy, widely recognized programs that test for different standards.
- How a product is manufactured may be as important to you as what it's made from. Many companies include green-practice statements on their Web sites.
- Buying products you intend to keep for a long time is one of the greenest things you can do.



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Our Green Choices

CABINETRY Gettysburg collection, made from certified North American-grown hardwoods and recycled or recovered fiber content; American Woodmark; woodmark-homedepot.com

APPLIANCES Induction range and Energy Star-qualified refrigerator and dishwasher; Sears; kenmore.com

COUNTERTOPS Corian with recycled content; DuPont; corian.com

FLOORING Maple, made without stains, pigments, or solvents; Anderson; andersonfloors.com

GLASS TILE Echo collection made from recycled glass; Crossville; crossvilleinc.com

PLUMBING FIXTURES Tanager cast-iron sink and Carafe faucet with filtration system; Kohler; kohler.com

LIGHTING Energy Star-qualified Canterbury pendant and wall sconces; Sea Gull Lighting; seagulllighting.com

PAINT Zero-VOC Natura interior paint; Benjamin Moore; benjaminmoore.com

*For complete buying information
see page 232.*



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Our Strawberry Blonde™

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Your table can look like a
picture in a magazine with room
left in your budget for dessert.

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BY AMY PANOS PHOTOS MICHAEL PARTENIO PRODUCED BY DONNA TALLEY



Triple Feature

Watch and learn from this low-budget transformation of a spare bedroom into a TV lounge, library, and guest suite in one.

"I'm not a TV-in-the-living-room type of gal," says designer Donna Talley, but she does appreciate a good movie and a comfy place to watch. So, undaunted by the dark green floor and drab beige walls of her spare bedroom, Donna turned it into a destination for relaxation, as well as sleeping quarters for the occasional overnight guest. How'd she keep costs in check? By "shopping" other rooms for the big stuff—a chest, bookcases, sofa, and ottoman—and spiffing it up as needed. Then she filled in the blanks with affordable accessories and garage-sale finds used in clever new ways.

TRUNK SHOW An old steamer trunk (a \$10 garage-sale score) is the right height for optimum TV viewing from the sofa. Plus it houses extra pillows and blankets for guests.

FINE LINE Donna gave ready-made cotton draperies a custom look by gluing two rows of narrow grosgrain ribbon to the top and bottom of each panel.

Take a good look at this trim. Make that a good, long look. With new flat-sewn microfiber fabric, it has a smooth finish.

So once clothes go on over it, you'll never know it's there. Learn more at fruitforher.com.



FRUIT OF THE LOOM®

Cotton
STRETCH



CHAIR AFFAIR "I fell in love with the lines of this chair," Donna says of her \$15 flea market find, above. She rehabbed it with a coat of glossy black paint and outlined the carved detailing with a metallic gold paint pen.

STACK THE DECK For the look of built-in bookshelves without the expense, Donna stacked two inexpensive bookcases she had been using in her home office and anchored them to the wall studs with long screws, left.

SLIP UP Having custom slipcovers made for the sofa and ottoman was the biggest line item in the budget, but it was still cheaper than buying new ones (and greener than throwing perfectly good frames into a landfill). Donna balanced the cost of the fabrication by choosing \$6-a-yard fabric.

CABINET POSITION For behind-closed-doors storage, Donna reclaimed an antique pine cabinet, bottom left, from her kitchen. On top she displays books and picture frames. Below, she stores photo albums, DVDs, and a basket that's always stocked with guest amenities.



BUDGET BREAKDOWN

Donna pulled together a new room for less than the cost of a new sofa.

Paint	\$ 70
Slipcovers, chair cushion	\$690
Trunk	\$ 10
Chair	\$ 15
Curtains	\$120
Window hardware	\$160
Accessories	\$177
TOTAL	\$1,242



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indoors

DECORATING

NEUTRAL GROUND

The sofa's black-and-cream ticking sets a versatile color scheme that's easy (and affordable) to tweak just by swapping out pillows and accessories. ☺

*For buying information
see page 232.*



BRING IT HOME

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BUDGET-FRIENDLY
TV LOUNGE



SHELVES Badger Basket Nine Cubby Storage Unit, \$80, walmart.com **TV** Sony Bravia KDL-32-L4000 32-inch LCD HDTV, \$550; sonystyle.com **FABRIC** Tavern Ticking in Crimson, Wedgwood, or Black, \$10/yard; waverly.com for stores. **TRAY** Lombok Tray, \$25; pier1.com for stores **TABLE** Noresund Table, \$20, ikea.com.

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1

Check Mates

Playing patterned curtains off a solid-color shade is a winning move every time. To keep the look fresh, follow this easy rule: The more prominent the drapery pattern, the simpler the shade should be. (In our scenario, a crisp white Roman shade keeps the green checks from looking fussy.) Give a plain shade graphic oomph with decorative trim that's attached with fabric glue or iron-on tape.

SHOP THIS LOOK

- Buffalo Check Tailored Panel in Green, \$69 each; countrycurtains.com
- Insulated Essex Roman Shade in Natural, \$44; countrycurtains.com

Dynamic Duos

Hang a shade and curtain panels for a pulled-together look that can even cut energy costs. Here's how to pair them up right.

WRITTEN AND PRODUCED BY JEAN NORMAN PHOTOS ADAM ALBRIGHT



Arriving in time to fill your basket.



Pick up a bag this Easter and join the huntforyellow.com

2

On a Roll

Putting a lively pattern on the shade, rather than the panel, is a nice change of pace. But patterned shades are not easy to find at retail, and having one made can get pricey. Instead, cover a shade yourself with a favorite fabric—one or two yards and a \$20 kit is all it takes. The kit includes a roller shade, hanging hardware, and iron-on backing for fusing the fabric to the shade. For the panels, go with a simple design in a solid color.

SHOP THIS LOOK

- Roller shade kit, \$20; JoAnn, joann.com
- Breeze fabric in Tapestry, \$20/yard; lsfabrics.com
- Luke Grommet-Top Panel in Grasshopper, \$30 each; JCPenney, jcp.com



3

Smart Luxury

Silk-look curtains and a cellular shade make a sophisticated, but not stuffy, statement. Available in dozens of current colors, like the warm chestnut shown here, cellular shades can now be a full-fledged part of the decorating scheme, not just utilitarian fixtures. Pairing the shades with generous panels softens their hard edges and makes them work in a traditional setting.

SHOP THIS LOOK

- Better Homes and Gardens Diamond Dobby Misty Blue Panel, \$20 each; walmart.com
- 30x56-inch Duette Architella Honeycomb Shade in Panache fabric in Wild Ginger (#c20-491) with $\frac{3}{4}$ -inch pleats, \$243; hunterdouglas.com



The honeycomb design of this shade reduces heat loss at the window by as much as 50%.

BETTER HOMES AND GARDENS APRIL 2009 63

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4

Sheer Genius

Woven bamboo shades are an easy, affordable way to lay down a layer of texture that gives a room character. Plenty handsome on their own, the shades can be dressed down, as with our breezy floral sheers, or up with silk or velvet curtains. Remember: Woven shades and sheers only diffuse light and views, so they're best for public spaces. If privacy and light control are concerns, look for lined bamboo shades or choose panels that are more opaque. ☀

SHOP THIS LOOK

- Bamboo Roman Shade, \$35; Target; target.com
- Moonlit Taj Panel, \$23 each; saffronmarigold.com

For buying information
see page 232.

ADHD does not take a summer break

Little League

- Can't find glove again
- Picks dandelions in outfield
- Annoys teammates
- Time to ask the doctor about staying on CONCERTA® through the summer?

Stays on CONCERTA®

Listens to coach

Focuses during batting practice

Ice cream party with team

DURING THE SUMMER, CONCERTA® CAN HELP KEEP YOUR CHILD ON THE PATH TO SUCCESS IN MANAGING ADHD.

- CONCERTA® can help improve your child's focus
- CONCERTA® improves social interactions as reported by teachers and parents
- 90% of parents surveyed said their child is more likely to have positive interactions with friends and family when taking CONCERTA® on weekends and over the summer*
- CONCERTA® has over 8 years of proven safety

TALK TO YOUR HEALTHCARE PROFESSIONAL ABOUT TREATING ADHD IN THE SUMMER.
VISIT CONCERTA.NET/BHG OR CALL 1-888-326-1997



*This survey was conducted online in the United States by Harris Interactive on behalf of McNeil Pediatrics™, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc., between May 21 and June 2, 2008, among 150 adults who had a child aged 6–17 who had been diagnosed with ADHD and was taking CONCERTA® for more than 3 months at that time.

CONCERTA® is approved for the treatment of attention deficit hyperactivity disorder (ADHD) as part of a total treatment program that may include counseling or other therapies.

IMPORTANT SAFETY INFORMATION. Talk to your healthcare professional for a proper diagnosis and treatment of ADHD. Only a healthcare professional can decide whether medication is right for you or your child. CONCERTA® should not be taken by patients who have: allergies to methylphenidate or other ingredients in CONCERTA®; significant anxiety, tension, or agitation; glaucoma; tics, Tourette's syndrome, or family history of Tourette's syndrome; current or past use of monoamine oxidase inhibitor (MAOI); esophagus, stomach, or intestinal narrowing. Children under 6 years of age should not take CONCERTA®. Abuse of methylphenidate may lead to dependence. Tell your healthcare professional if you or your child has had problems with alcohol or drugs; has had any heart problems, heart defects, high blood pressure, or a family history of these problems; has had depression, abnormal thoughts or visions, bipolar disorder, or seizure. Contact your healthcare professional immediately if you or your child: develops abnormal thinking or hallucinations, abnormal or extreme moods and/or excessive activity; or if aggressive behavior or hostility develops or worsens while taking CONCERTA®. Stimulants may impair the ability of the patient to operate potentially hazardous machinery or vehicles. Caution should be used accordingly until you are reasonably certain that CONCERTA® does not adversely affect your ability to engage in such activities. The most common adverse reaction (>5%) reported in children and adolescents was upper abdominal pain. The most common adverse reactions (>10%) reported in adults were dry mouth, nausea, decreased appetite, headache, and insomnia.

Please see Medication Guide on adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

access2wellness

For information on free or discounted prescription medications, visit access2wellness.com or call 866-317-2775.

How should CONCERTA® be taken?

- **Take CONCERTA® exactly as prescribed.** Your doctor may adjust the dose until it is right for you or your child.
- **Do not chew, crush, or divide the tablets.** Swallow CONCERTA® tablets whole with water or other liquids. Tell your doctor if you or your child cannot swallow CONCERTA® whole. A different medicine may need to be prescribed.
- CONCERTA® can be taken with or without food.
- Take CONCERTA® once each day in the morning. CONCERTA® is an extended release tablet. It releases medication into your/your child's body throughout the day.
- The CONCERTA® tablet does not dissolve completely in the body after all the medicine has been released. You or your child may sometimes notice the empty tablet in a bowel movement. This is normal.
- From time to time, your doctor may stop CONCERTA® treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking CONCERTA®. Children should have their height and weight checked often while taking CONCERTA®. CONCERTA® treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much CONCERTA® or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of CONCERTA®?

See "What is the most important information I should know about CONCERTA®?" for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision
- blockage of the esophagus, stomach, small or large intestine in patients who already have a narrowing in any of these organs

Common side effects include:

• decreased appetite	• headache
• dry mouth	• nausea
• trouble sleeping	• anxiety
• dizziness	• weight loss
• stomach ache	• irritability
• increased sweating	

Stimulants may impair the ability of you or your child to operate potentially hazardous machinery or vehicles. You or your child should exercise caution until you/your child is reasonably certain that CONCERTA® does not adversely affect your/your child's ability to engage in such activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

How should I store CONCERTA®?

- Store CONCERTA® in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from moisture.
- **Keep CONCERTA® and all medicines out of the reach of children.**

General information about CONCERTA®

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use CONCERTA® for a condition for which it was not prescribed. Do not give CONCERTA® to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about CONCERTA®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CONCERTA® that was written for healthcare professionals. For more information about CONCERTA®, call 1-888-440-7903.

What are the ingredients in CONCERTA®?

Active Ingredient: methylphenidate HCl

Inactive Ingredients: butylated hydroxytoluene, carnauba wax, cellulose acetate, hypromellose, lactose, phosphoric acid, poloxamer, polyethylene glycol, polyethylene oxides, povidone, propylene glycol, sodium chloride, stearic acid, succinic acid, synthetic iron oxides, titanium dioxide, and triacetin.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Manufactured for
McNeil Pediatrics
Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.
Titusville, NJ 08560



Revised: August 2008

10459302

60CON09034MG

MEDICATION GUIDE
CONCERTA® (kon SER-ta)
(methylphenidate HCl) Extended-release Tablets (II)

Read the Medication Guide that comes with CONCERTA® before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with CONCERTA®.

What is the most important information I should know about CONCERTA®?

The following have been reported with use of methylphenidate HCl and other stimulant medicines:

1. Heart-related problems:

- sudden death in patients who have heart problems or heart defects
- stroke and heart attack in adults
- increased blood pressure and heart rate

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting CONCERTA®.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with CONCERTA®.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking CONCERTA®.

2. Mental (Psychiatric) problems:

All Patients

- new or worse behavior and thought problems
- new or worse bipolar illness
- new or worse aggressive behavior or hostility

Children and Teenagers

- new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking CONCERTA®, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

CONCERTA® is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep CONCERTA® in a safe place to prevent misuse and abuse. Selling or giving away CONCERTA® may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take CONCERTA®?

CONCERTA® should not be taken if you or your child:

- are very anxious, tense, or agitated
- have an eye problem called glaucoma
- have tics or Tourette's syndrome, or a family history of Tourette's syndrome. Tics are hard to control repeated movements or sounds.
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI.
- are allergic to anything in CONCERTA®. See the end of this Medication Guide for a complete list of ingredients.

CONCERTA® should not be used in children less than 6 years old because it has not been studied in this age group.

CONCERTA® may not be right for you or your child. Before starting CONCERTA® tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, or high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- seizures or have had an abnormal brain wave test (EEG)
- esophagus, stomach, or small or large intestine problems

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can CONCERTA® be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and nonprescription medicines, vitamins, and herbal supplements. CONCERTA® and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking CONCERTA®.

Your doctor will decide whether CONCERTA® can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- seizure medicines
- blood thinner medicines
- blood pressure medicines
- cold or allergy medicines that contain decongestants

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking CONCERTA® without talking to your doctor first.

What Is CONCERTA®?

CONCERTA® is a central nervous system stimulant prescription medicine. It is used for the treatment of attention deficit and hyperactivity disorder (ADHD). CONCERTA® may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

CONCERTA® should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.



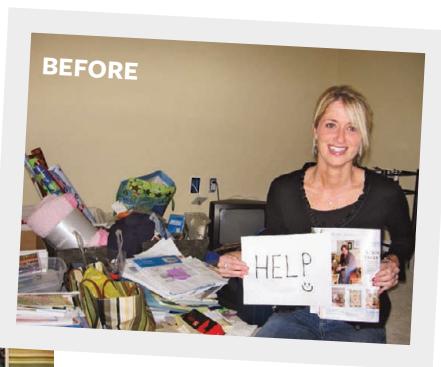
House Calls

with Stephen Saint-Onge

When a reader called for help, Stephen answered. A slipshod room became a put-together work space with personality.

BY JOANNA SMITH

PHOTOS KELLER + KELLER



Bare Bones

The room was tangled with wires and piled with paper; a lonely desk was the only piece of furniture. Other than the soothing deep vanilla wall color, the space was so uninviting that homeowner Kristin Halpin, *above*, avoided it. After business trips, she would drop off boxes of souvenirs in the room, then quickly close the door on the unorganized mishmash.

To the Rescue

Kristin asked for a room pretty enough that she'd want to be in it, and Stephen delivered with an exciting paint treatment, tons of storage, and a modular desk unit to keep her organized. With the addition of her travel mementos, this home office definitely merits an open-door policy.



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Visit kittenchow.com to learn more from kitten care experts.

MAKEOVERS

indoors

**DESK JOB**

"I chose a modular desk unit that can grow as needed," says Stephen. The separate base cabinets, corner desk piece, and hutch look like custom furniture and can be reconfigured or added to later. Office Designs Collection, ballarddesigns.com

HIGH-ROLLER

Kristin likes to be mobile while she's on the phone or on her laptop, so an office chair on wheels was a must. An area rug with a low pile allows for easy rolling. All the electronics in the office are wireless, eliminating pesky cords once and for all. Rug, lowes.com


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indoors

MAKEOVERS



WORK-IN CLOSET

To give the office a bonus workstation, Stephen removed the doors from the closet and installed an inexpensive MDF board at standing height (42"). Paint transformed the unfinished stool, and a seat cushion wrap finishes it. cushion.bedbathandbeyond.com

EVERYTHING IN PLACE

In both the closet and the room's main desk area, labeled storage is the key to keeping things tidy and organized. Now, instead of tossing travel receipts and documents on her desk, Kristin can just open a labeled file drawer and drop them in place.

CONTINENTAL COLLAGE

Magnetic primer beneath sage green paint turned the back wall of the closet into a tribute to Kristin's travels. Peel-and-stick magnets (found at crafts stores) attached to foreign coins hold up train tickets, maps of Europe, postcards, and currency from almost every continent. Magnetic primer, rustoleum.com



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PAINT PREPSTER

Stephen used painter's tape to mark out stripes, then painted every other one with zero-VOC paint. Clover Honey 091-3 (dark tone); Vanilla Frost 085-1 (light tone), mythicpaint.com

GREEN CHOICE

Fresh coats of spray paint rescued a thrift-store side table and pair of lamp bases. Reuse is an easy way to be eco-friendly, Stephen says.

MINI VACATION

"The chaise gives Kristin a place to kick back with her laptop," says Stephen. "Plus, the throw pillows add instant color." Chaise, ballarddesigns.com

EASY PIN PROJECT

For tailored bulletin boards, Stephen removed the glass and backing from picture frames and cut foam core to fit. He wrapped the foam core with fabric and replaced the frames. ☺

For buying information see page 232.



OFFICE ASSISTANT

A trip to the local office supply store yielded colorful and feminine folders, note pads, and document boxes. A repainted tray neatly contains binder clips, sticky notes, and other desktop essentials.



MORE AT
BHG.COM

Want Stephen to make over your room? Enter our contest at BHG.com/savemyroom

*No need to travel to Italy to taste authentic Italian cuisine.
Darn it.*



Introducing new Pasta Al Dente from Marie Callender's.

Six of the most authentic Italian meals to ever grace the frozen section. Our unique steamer tray lets the pasta and sauce cook separately in your microwave for the perfect al dente texture, unlocking the authentic flavors and aromas of the old country. It's how Marie does Italian.

Penne Chicken Modesto ♦ Cavatappi Genovese ♦ Tortellini Romano





Paper Trail

Tame out-of-control paperwork with this easy system, shared by super-organized reader Bobbie Ambuske.

BY JOANNA SMITH

START WITH: A SCARY MESS Piles of receipts, stacks of unopened bills, and credit card statements scattered everywhere—if this sounds like your desk, then you're in luck. This system manages mail from the moment it enters the house. Bill-paying goes fast, credit card statements are checked regularly, and everything is filed away so it's easy to find come tax time.

STEP 1: SUPPLIES Gather two baskets or letter trays and label one “Receipts,” the other “Bills to Pay.” Stock the “Bills to Pay” basket with bill-paying necessities (see a recommended list, page 78). Put both baskets in clear view wherever you set the day’s mail, such as your desk or kitchen counter. You’ll also need a 12-pocket accordion file (more on this later).

STEP 2: SORT PAPERWORK Follow the “touch it once” rule for receipts and mail. As soon as you get any paperwork, open it and put it in the appropriate action basket or toss it right away. Ask your family to do the same.

STEP 3: PAY BILLS QUICKLY AND ON TIME Choose a time (every Thursday night, every payday, the 15th of every month) regularly dedicated to bill-paying. On that day, pull out your basket and start writing checks (or schedule online payments). As you pay each one, don’t forget to write the date, amount paid, and check number on the statement. When you’re finished, replenish any supplies in the bill-paying basket.

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And though I have a keen sense of smell,
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BILL-PAYING SUPPLIES

- Checkbook
- Envelopes
- Return address labels
- Stamps
- Pen
- Calculator
- Log-in information for any online bill-paying services



Semikolon
accordion file, \$15;
seejanework.com
MACKIS letter trays,
2 for \$10; ikea.com

STEP 4: CHECK YOURSELF WITH RECEIPTS As each credit card and bank statement comes in, check it against the receipts collected in your basket. If you find an incorrect charge, contact your bank or credit card company immediately. Place in the accordion file only receipts for permanent items or items that may need to be returned. Shred remaining receipts.

STEP 5: PERMANENT STORAGE As you complete each step, immediately file any paperwork you need to save in the accordion file. Label the sections clearly. Bobbie uses these categories: Income (for pay stubs), Giving (all charitable receipts), Insurance (statements for car and home—keep the policies in a fireproof safe), Medical (all bills and statements, along with explanations of insurance benefits), Taxes (property tax bills, once paid), Receipts, Paid Bills, Utility Bills, Credit, Banking (for monthly statements, once reconciled). At the end of the year, write the year on the file, and start a new one.

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GO GREEN

PAPERLESS BILL-PAYING

Save time, money, and the environment by paying bills online. Here are your options for electronically authorizing money transfers to a merchant.

BANK-BASED This requires logging into your bank's Web site and directing the bank to make an electronic payment to a vendor, such as your power company. You will have to repeat this each month for each vendor, although often you can set up repeating payments for fixed-amount bills. Many banks offer online bill-paying as a free service, although some charge a monthly service fee.

VENDOR-BASED You can also log directly into a trusted vendor's Web site to pay a bill. You would type in a bank account or credit card number. You would have to do this each month and visit a variety of different vendor Web sites. It's less convenient than a one-stop bill-paying service, but it also allows you to check account history at the same time.

THIRD PARTY Many third-party Web sites (such as paytrust.com or quicken.com) let you enter your

bank account and bill information into their database and set up automatic payments. You can't beat the convenience—once you set it up, you can either authorize payments monthly or set up recurring payment rules to dictate how bills are paid each month. Summaries typically are sent to your e-mail and are also available online for your review. Most of these services charge a small fee.

IS IT SAFE? Yes—information is encrypted as it's transferred electronically. When a page is secure, the URL address should start with "https" and have a padlock icon next to it. As with any online activity, make sure you have good protection software, such as a firewall and anti-virus and anti-spyware programs. And never click on a link in an e-mail, even if you think it's from a vendor you use. Instead, open a browser and type in the Web site address to log in. This avoids falling victim to "phishing," where a thief tricks you by e-mail into providing personal information and account details. ☺

BHG TIP

Ask your bank and vendors to send statements via e-mail. And be sure to sign up for e-mail reminders for when bills are due, a service offered by most merchants.

TEXT BY GREGORY KARP

It's all about nature.

Introducing Nature's Source™ Natural Glass & Surface Cleaner. It's a plant-based cleaner, because nature always comes first. For the full line, go to NaturesSourceCleaners.com.



SC Johnson
A FAMILY COMPANY

indoors



LIVING GREEN

How to conserve energy, live healthier, and save money

BY KIT SELZER

THIS MONTH

FROM THE GROUND UP

The only thing separating a habit from a lifestyle is a little practice. Here's a look at how recycling and four other green trends have taken root and continue to grow.

TREND #1

SINGLE-STREAM RECYCLING

Curbside recycling is perhaps the most entrenched environmental program on a national level. More than 8,600 of these programs existed in 2007, according to the U.S. Environmental Protection Agency. Now the next phase is coming on strong. Communities across the country are rapidly committing to single-stream recycling—a system that makes it possible to combine all approved paper, plastic, glass, and metal in one recycling container. (Watch a clever animated video on

how these items are automatically separated then broken down at recyclebank.com.) Streamlining the collection process saves city funds and makes it so easy to participate that recycling volume increases. On the horizon is a natural offshoot of this trend: widespread acceptance of curbside composting.

On board? Try this Contact your local recycling, solid waste, environment, or public works department to express your interest in single-stream recycling. In the meantime, request specifics on what your community can recycle, then be diligent about following that list.



THINK OF IT AS ADDITIONAL HEALTH INSURANCE

Welcome to Tempur-Pedic®

*...where we've always believed
better sleep can make you healthier.*

These days, it seems like more and more people are understanding the relationship between better sleep and better health. So we're proud that our authentic Tempur-Pedic mattress is the only mattress that is recommended worldwide by more than 25,000 health care professionals. They know that you can cover a traditional mattress with padding or a pillow-top, but you can't hide the truth: Those metal springs can create painful pressure points. But every Tempur-Pedic is filled with our unique Swedish TEMPUR® material, which absorbs pressure, cushioning your body for the kind of sleep you just can't get on a bed of metal springs. So we genuinely believe that when you choose your next bed, it can also be a healthy choice.

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or visit us online at www.TempurPedic.com

TREND #2 UPCYCLING

“Upcycling” is securing a place in green vocabulary as an elevated form of recycling. At its simplest, upcycling gives discarded items a new and longer life (such as old sweaters sewn into pillows). On a larger scale, it repurposes available materials without breaking them down. One impressive example is the product line of a company called Terra Cycle (terracycle.net), which solicits trash, such as plastic shopping bags, drink pouches, and cookie wrappers, and turns it into tote bags, backpacks, and other useful products, labels intact.

On board? Try this Challenge yourself to look forward before every purchase: Can this item be used in another way someday? Search out products made from recycled materials.

TREND #3 REDUCED PACKAGING

Reducing product packaging is a hot topic with no apparent downside. It offers cost savings for manufacturers, less work for consumers, and less impact on the environment. Creative solutions range from shampoo sold in a recyclable pouch to laptops packaged in fabric bags. Now that retailers such as Amazon.com have begun working directly with manufacturers to reduce waste, and federal legislation has been introduced, we’re sure to see more examples of less packaging.

On board? Try this Buy in bulk, and use refillable containers. If you can’t reuse packing materials you receive, post them on freecycle.org or see loosefillpackaging.com for local stores that can take packing peanuts.

TREND #4 EFFICIENT LIGHTING

Replacing an incandescent bulb with a compact fluorescent light (CFL) has been heralded as an easy way to save energy. But early tradeoffs included cooler light quality and poor fit, a result of using new light sources in old fixtures. Good news: CFLs are well into the next generation of improvements, and updated Energy Star program requirements promise even more efficient bulbs by mid 2009. In addition, options for energy-efficient light fixtures continue to increase; see energystar.gov for a list of 17,000 qualified models.

On board? Try this Use the “Choose a Light Guide” at energystar.gov/cfls. Knowing which types go where will help you maximize your use of CFL bulbs.



INTRODUCING A DOG TREAT THAT'S MADE WITH USDA INSPECTED MEAT. PLEASE REMEMBER IT'S FOR THE DOG.

Love your dog just for being family with Bit-O-Luv, the dog treat that's made in the USA with USDA inspected meat, and without artificial flavors, colors, or by-products. We can't think of a better way to thank a favorite four-legged family member than with a slow roasted and mouthwatering meat snack that's good enough for people, but made for dogs.

Available in Roasted Chicken, Bistro Beef and Smokehouse flavors.

bitoluv.com

"The best thing it has is what it doesn't have?"

That's a lot for me to absorb."

- The Sponge

Don't be confused. New Dawn® Pure Essentials™ has all the grease cleaning power you expect from Dawn, without the extra ingredients. It's hypoallergenic.

And the formula contains no dyes. Only gentle, naturally inspired scents.

The reason to try Pure Essentials is as clear as the dish liquid itself.

Dawn does more, so it's not a chore.™



TREND #5 ENERGY UPGRADES

Anyone who has paid a utility bill in the last year would likely agree that energy-saving options should lead all home improvement discussions. Though not as splashy as an outdoor kitchen or master suite addition, upgrades involving insulation, roofing, water heaters, and heating and cooling systems rank high in the "you'll be glad you did it" category. In addition to long-term physical comfort and reduced energy costs, improving for efficiency now comes with tax benefits. Federal tax credits are back for 2009, with solar as the big winner—30 percent of the cost of qualified systems and available until 2016 (see energystar.gov for details).

On board? Try this Schedule a home energy audit with your local utility or hire a home energy consultant. For a do-it-yourself version, take the Alliance to Save Energy's Home Energy Checkup (ase.org).

ASK DANNY SEO GREEN LIST

"What are some of the innovative green products you're seeing?"



DANNY SAYS: Here are a few of my favorite eco-friendly products.

THE PRIUS OF DESKTOP PCS Your computer can be a real energy hog, so it makes sense to get an energy-efficient one. Not only does the Dell Studio Hybrid (dell.com/hybrid) use 70 percent less power than a traditional computer, it's also 80 percent smaller—smaller carbon footprint and compact, too. It even comes with a prepaid mailer for recycling your old PC.

RESOURCEFUL CHIC In 1992, this South African company (greenglass.com) moved to the Wisconsin countryside to transform

glass bottles destined for the landfill into stylish tumblers and goblets. The patented process cuts, grinds, and polishes glass into durable everyday tableware. I love the Amber Pop Tumblers made from recycled Boylan soda bottles.

BATHING BEAUTY A damp bath towel is a notorious breeding ground for mildew, but JCPenney (jcp.com) addresses that problem with the new Linden Street quick-drying towel. The low-twist cotton yarn is absorbent and soft, and it needs less time in the dryer (energy savings) or just hanging on the rack after a shower.

OUTDOOR ASSETS Brothers Isaac and Jaime Salm founded MIO to create home products that are both environmentally friendly and meet specific needs. This spring, their designs come to Target (target.com) with a gardening line. My favorite introduction is an indoor/outdoor solar light set.

HAVE A QUESTION?

Send it to AskDanny@meredith.com, or post it on Danny's Simply Green Living blog at BHG.com/livinggreen, where you'll find even more ideas. ☺

We're looking for people to write children's books

By Patricia Pfitsch

If you've ever dreamed of writing for publication, this may be your best chance to turn that dream into a reality. If you qualify and show promise, we'll teach you—the same way I was taught—how to break into one of the most rewarding of all markets for new writers.

The \$3 billion children's market

The continued success of publications for young people has led to a growing need for new writers to help create the \$3 billion worth of children's books published each year, plus stories and articles for more than 600 magazines.

"But am I good enough?"

My dream of writing professionally while raising three kids on a farm was once bogged down in the same kind of uncertainty you may have experienced.

Then, an ad for the Institute seemed to offer the writing and selling skills I needed. I passed its test and entered into a richly rewarding relationship with an author-instructor, which was a major turning point in my life—as I hope it will be in yours.

The at-home training that has launched more successful children's authors than any other school

The Institute of Children's Literature has successfully trained more new writers to meet the needs of this market than any other school. Its unique program turned my dream into reality, and I became one of more than 11,000 Institute graduates who have published children's stories, articles, and books, including prestigious award

Institute of Children's Literature
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West Redding, CT 06896-0812

Yes, please send me your free *Aptitude Test for Children's Writing* and illustrated brochure. I understand I'm under no obligation, and no salesperson will visit me.

Please circle one and print name clearly:

Mr. Mrs. Ms. Miss

G6645

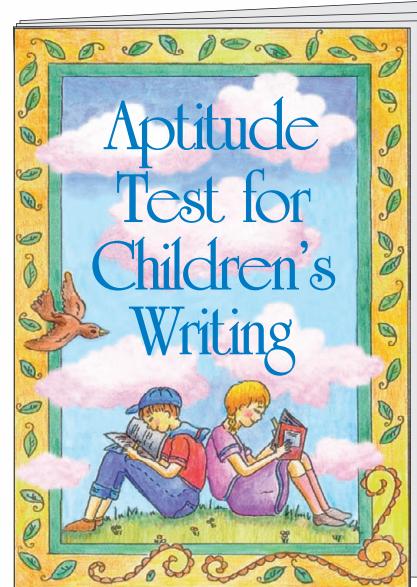
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Recommended for college credits by the Connecticut Board for State Academic Awards and approved by the Connecticut Commissioner of Higher Education.



Our test and expert evaluation are free

winners. Now I'm using my skills at the Institute to train promising new writers.

The promise that paid off

The Institute made exactly the same promise to me that it will make to you if you demonstrate basic writing aptitude:

You will complete at least one manuscript suitable to submit to editors by the time you finish the course.

With skill, empathy, and tough love when needed, my Institute instructor helped me complete and sell three of my course assignments, which, I later discovered, was not unusual.

Now, as a nationally published author of 7 children's books and over 500 stories and articles, I enjoy helping aspiring writers—as I was helped—to change their dreams into bright reality.

A nationally published author or editor is your one-on-one writing and selling coach

If you are accepted, you will be assigned a personal instructor who is a successful author or experienced editor—and who becomes your energizing spark plug and deeply committed writing and selling coach. We all work the same way.

When you've finished an assignment at your pace, you send it to me. I edit it line-by-line and send you a detailed letter explaining my edits.

I point out your strengths, help eliminate weaknesses, and even show you how to turn bits of your everyday life into saleable writing. You push and I pull, and between

Patricia Pfitsch, a graduate of our course, has published 552 stories and articles, plus 7 books, including 3 award-winning novels and an Edgar nominee. She is also an instructor at the Institute.

us both, you learn how to write—and how to sell what you write.

From "wannabe" to published author

What I got from my instructor at the Institute changed me from a "wannabe" into a nationally published writer. While there's no guarantee that every student will have the same success, we're praised by students and publishers alike.

"I just wanted to let you know how pleased we are with the work and professionalism of your students, Michelle Barone and Dorothy Heibel," writes Joanne Deitch, editor and former President of Discovery Enterprises. "We just launched a new series entitled Adventures in History. Our first two books were *Out of the Ordinary* by Michelle Barone and *Message for a Spy* by Dorothy Heibel.

"We want to congratulate the writers on their work. Often we read of the struggle to get published, but not so often of the successes, so we just thought you'd like to know how well prepared these students were. Keep up the good work."

Dorothy Heibel, who lives in Wessington Springs, South Dakota, also sent us a note. "I graduated from the Institute 20 years ago. The help I received from your course proved to be a wonderful foundation for writing. You planted the seeds that took root and are now producing the results I had hoped for. In addition to *Message for a Spy*, I currently have two mysteries out making the rounds of publishers."

We also talked to Michelle Barone of Denver, Colorado. She applied to the Institute 25 years ago, was accepted, then "forgot about it." Her careers as a medical worker, real estate agent, curriculum writer, and adoptive mother (before she started teaching 5th grade English and math), came first. She finally enrolled in 2000. "Now," she says, "I grab time for my writing when I can find it. Besides my stories and articles, I've had five books published. You've opened up a whole new world to me."

Don't let your dream die—send for your free test today!

If a writing life is the one you long for, here's your chance to test that dream. The Institute offers a revealing aptitude test for children's writing based on its 39 years of experience, and it's free.

If you pass, it's because you have the aptitude to make it in the world of writing for children. It takes work, it takes commitment, it takes courage—but you can do it.

Just fill out and mail the coupon at left to receive your free test and 32-page introduction to our course, *Writing for Children and Teenagers*, and 80 of our instructors.

There is no obligation.

outdoors



IN THE GARDEN

85

LANDSCAPING

94

PLANTINGS

102

APRIL GARDENER

114



Natural Order

A gardener finds that going smaller, simpler, and greener is easier on the earth—and on her.

BY SUSAN APPLEGET HURST

PHOTOS ERICA GEORGE DINES

PRODUCED BY LISA MOWRY



Colorful, lush gardens can be high-maintenance affairs. But Wendy Murray proved they needn't be. With her smart garden planning and the support of the eco-friendly community of Serenbe, Georgia, she has a flowery, charming yard that uses less water, pesticides, and time than needed by conventional gardens.

Every home in Serenbe is part of a "gray water" system that captures household wastewater and recirculates it to provide drip irrigation for gardens. Overhead watering of lawns and gardens is discouraged to reduce evaporation, and so that plants are less prone to disease.



TO NEW HEIGHTS

Wendy Murray made her small yard seem larger by gardening with vertical elements—a rose-covered arbor fence, top, and trellises on her house, left, draw one's attention, moving the eye up and around.



Bedtime is for getting lost in the land of wherever-tonight's-story-takes-you. Don't let bedwetting get in the way.

New and improved GoodNites® Boxers feature comfortable, cloth-like material for our softest nighttime protection. Go to goodnites.com to get a coupon for a free trial...and see how to make the night even better.



GoodNites® lighten the night.™



PRETTY TOUGH

Like many roses, 'Dublin Bay' growing on the arbor, *left*, is drought-tolerant once established.

Drought-tolerant plant choices also reduce water use. "Lantana, rudbeckia, daylilies, and coneflowers do well," says Wendy. She recommends planting in areas that are shaded from hot afternoon sun.

Wendy wanted to screen off close-by neighbors but sought an alternative to traditional privacy fencing. "I built a 'friendly' fence planted with roses for neighbors on one side of the yard," she says. Evergreens and an open-lattice fence create a visual barrier yet allow air movement, keeping plants healthy in the humid Georgia climate.

The clever design proves that earth-friendly gardening is also easy gardening. "The more you plan ahead, the less you have to do later," Wendy says. Her wise advice has certainly paid off—in a naturally beautiful way.



This spring, expect the unexpected at Lowe's.

Come to Lowe's for everything spring. You'll find it all – from the basics, such as plants and soil, to surprising new styles in patio furniture, grills and outdoor décor – at everyday low prices, guaranteed. Plus, for spring project ideas, tips and product information be sure to visit Lowes.com/Spring.





GREEN GARDENING TIPS

Here are water-wise practices you can use in your yard.

■ **Irrigate the ground** Water beds and containers with soaker hoses or drip emitters to reduce evaporation.

■ **Reuse water** Use gray water—wastewater from tubs or sinks, but not toilets—to water ornamentals. Apply to the ground (not the foliage), and alternate with applications of fresh water. Do not apply to seedlings or acid-loving plants such as azaleas. Avoid gray water that contains bleach, products with boron, or high-phosphate detergents.

■ **Plant smart** Choose plants that are suited to your climate and conditions.

■ **Mulch beds** Use fallen leaves and grass clippings to reduce evaporation.

SUN SENSE

Wendy uses plants that make sense for sunny sites, such as gallardia and salvia, which don't need much water in dry weather. ☀

For buying information see page 232.



IMPORTANT FACTS

WHAT IS VERAMYST?

VERAMYST is a prescription medicine that treats seasonal and year-round allergy symptoms in adults and children age 2 years and older.

When you spray VERAMYST into your nose, it helps reduce nasal allergy symptoms, including:

- Stuffy nose • Runny nose • Itching • Sneezing
- VERAMYST may also help with seasonal eye symptoms in adults and teenagers age 12 years and older, including:
- Red eyes • Itchy eyes • Watery eyes

VERAMYST contains fluticasone furoate, which is a man-made corticosteroid. Corticosteroids are natural substances found in the body that reduce inflammation and work on a wide range of chemicals that cause allergy symptoms. Exactly how VERAMYST works is not entirely understood.

WHAT SHOULD I TELL MY HEALTHCARE PROVIDER BEFORE STARTING VERAMYST?

Talk to your healthcare provider (or your child's, if for pediatric use):

- About all medical conditions, including if you are:
 - Pregnant (or planning to be).
 - Breastfeeding.
 - Allergic to any ingredients in VERAMYST or any other nasal corticosteroid.
 - Exposed to chicken pox or measles.
 - Feeling unwell, or have symptoms you do not understand.
- About all medicines you take, including



Veramyst® (fluticasone furoate) Nasal Spray

prescription and non-prescription medicines, vitamins, and herbal products. Be certain to tell your healthcare provider if you are taking a medicine that contains ritonavir, commonly used to treat HIV infection or AIDS.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF VERAMYST?

Some patients taking VERAMYST have experienced nosebleed or nasal sores. Some patients have reported other side effects while taking VERAMYST. For more information, talk to your healthcare provider or pharmacist.

ARE THERE OTHER RISKS OF USING VERAMYST?

- Some patients may get a nasal fungal infection.
- Corticosteroids can slow the healing of wounds. Do not use VERAMYST until your nose has healed if you have a sore in your nose, if you have surgery on your nose, or if your nose has been injured.
- Some patients may have eye problems, including glaucoma and cataracts. You should have regular eye exams.
- Immune system effects may increase the risk of infections.
- Corticosteroids may slow growth in children. A child taking VERAMYST should have his/her growth checked regularly.

HOW SHOULD I USE VERAMYST?

VERAMYST is recommended in doses of 55 mcg (one spray in each nostril) once a day for children

age 2 to 11 years and 110 mcg (two sprays in each nostril) once a day for adults and teenagers. Your healthcare provider may change your dose to control your symptoms.

DO...

- Spray in the nose ONLY.
- Use once daily for best results.
- Take VERAMYST exactly as your healthcare provider tells you. If prescribed for a child, an adult should help administer VERAMYST.

DON'T...

- Do not spray in your eyes or mouth.
- Do not change the dose or stop usage before talking to your healthcare provider.
- Do not give this medicine to someone else.

NEED MORE INFORMATION?

• Ask your healthcare provider or pharmacist. This is not all the important information about VERAMYST. Please go to veramyst.com for full Product Information and Important Patient Information about VERAMYST.



VRM:3PI VRM5:PIL July 2008

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VRM204R0 February 2009

Veramyst® (fluticasone furoate) Nasal Spray

Special Trial Offer

Check it out at VeramystOffer.com

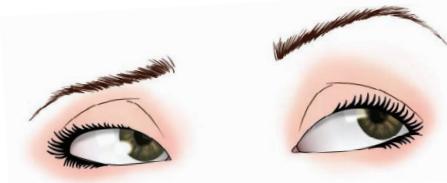
VERAMYST is one medicine approved to treat both seasonal nasal and eye* allergy symptoms.

	VERAMYST	NASONEX®†
WATERY EYES	<input checked="" type="checkbox"/>	<input type="checkbox"/>
ITCHY EYES	<input checked="" type="checkbox"/>	<input type="checkbox"/>
RED EYES	<input checked="" type="checkbox"/>	<input type="checkbox"/>
SNEEZING	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
ITCHY NOSE	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
STUFFY NOSE	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
RUNNY NOSE	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Nasonex isn't.

*For patients 12 years or older.

"See Nose, someone knows
we suffer together."



"You're right, Eyes.
We can be treated
together."



You suffer from seasonal nasal and eye symptoms—why not treat both with one medicine? Ask your doctor about VERAMYST.

VERAMYST for your seasonal allergies. One for all.

Important Information about VERAMYST: Side effects include nosebleed, nasal sores, or nasal fungal infection. Eye problems including glaucoma or cataracts may occur, so have regular eye exams. Do not spray in eyes.

Available by prescription only. For best results use VERAMYST once daily. Maximum relief may take several days. Results may vary. Visit www.VERAMYST.com, or call 1-866-9-VERAMYST.

†NASONEX may also help prevent seasonal nasal symptoms in patients 12 and older when taken daily 2–4 weeks before allergy season. NASONEX is a registered trademark of Schering Corp.



Partnership for
Prescription Assistance



If you don't have prescription coverage,
visit pparx.org, or call 1-888-4PPA-NOW (1-888-477-2669)

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Please see next page for important facts about VERAMYST.



READER SHOPPING

TO ORDER: CALL WHITE FLOWER FARM, 800/420-2852,
or visit readershopping.com. Please specify **MM955103**.
Order early; quantities are limited. Plants are shipped from
mid-April to May, starting with the warmest Zones first. Sorry,
we are unable to ship to APO/FPO addresses, or addresses
outside the contiguous United States.

Grow Your Own Salsa Garden

Fresh ingredients make all the difference. Whether you prefer salsa that's hot or mild, chunky or smooth, you can serve the tastiest, most colorful salsa ever by growing your own peppers, tomatoes, tomatillos, and cilantro. All you need is a small garden or large containers in full sun. You can even combine vegetables with perennials in a sunny border. Our **BHG SALSA GARDEN COLLECTION** includes one plant each of medium-hot chile pepper 'Early Jalapeño', sweet golden yellow bell pepper 'Early Sunsation', early-ripening tomatillo 'Toma Verde', meaty red tomato 'Martino's Roma', and mild yellow tomato 'Taxi', plus a packet of cilantro seeds and a salsa recipe from our kitchen. Stocky seedlings are grown and shipped in 3-inch pots, so the plants you receive have strong, well-developed root systems. Full instructions for planting and care included. \$36.95 plus shipping.

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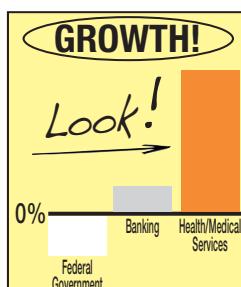
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City _____ State _____ Zip _____



1 FASTEN CORNERS
Drill pilot holes, then fasten boards with 3½-inch deck screws.



2 DRIVE STAKES
Use a sledgehammer to drive stakes into the ground along the inside surface of the box. Space stakes every 2–3 feet.

Build a bed

To get started, determine the dimensions of the bed. A size of 4x8 feet is convenient because boards come in 8-foot lengths. Buy three, saw one in half, and with a single cut all four pieces are ready. Regardless of the length, beds should be no more than 4 feet wide. This allows you to reach all parts by leaning in from the edge. If desired, stain the boards before assembling. Staining isn't critical, but it increases the life of the boards and makes the bed more attractive.



3 FASTEN STAKES
Drill pilot holes, then drive 2-inch screws through the stakes, into the boards.



4 ATTACH TRIM
(Optional) Cut pieces of scrap wood and attach them to corners for a decorative look.



5 REMOVE SOD
Use a flat spade or a sod cutter to remove lawn grass, if present, from inside the bed. If no sod is present, loosen soil by turning with a shovel or spading fork.



6 ADD SOIL
Fill the bed with topsoil, or "black dirt." Fill soil to the top of the boards; it will soon settle an inch or two.

MATERIALS

- 2x8 cedar boards
- 3½-inch deck screws
- 2-inch deck screws
- 2-foot wood stakes
- Topsoil

COST

About \$50-\$60 for wood, hardware, and soil for a 4x8-foot bed.



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Heavy on creamy
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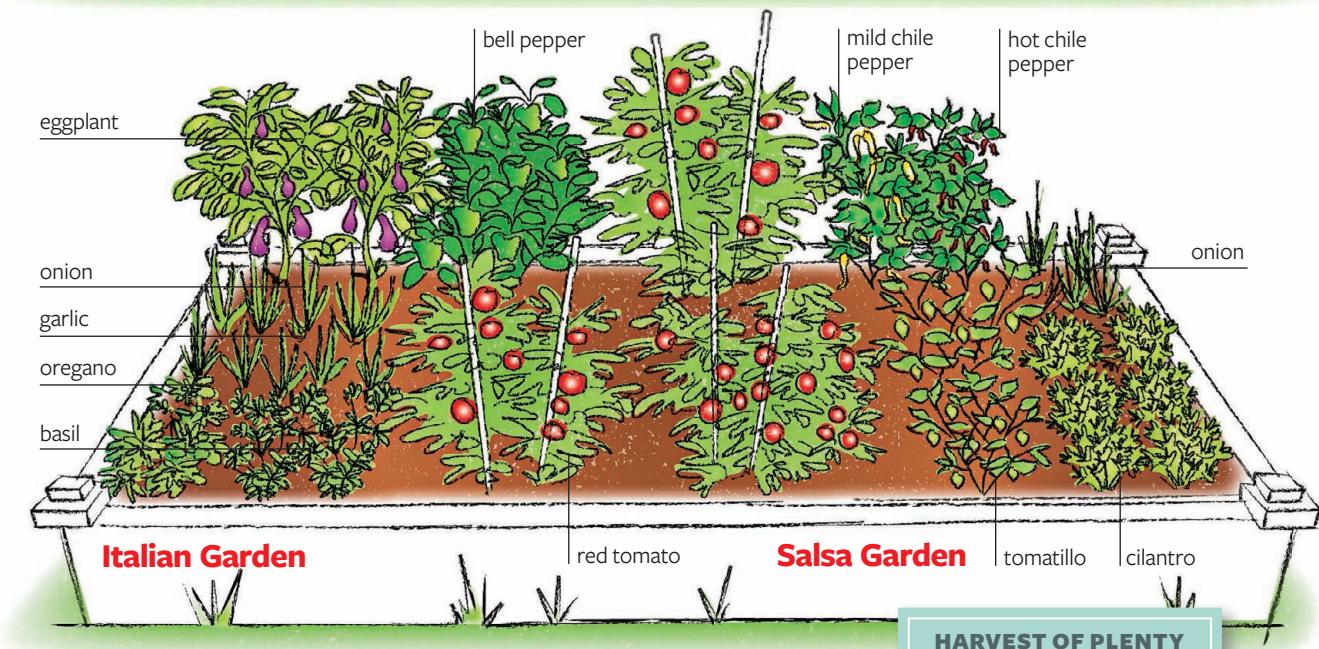
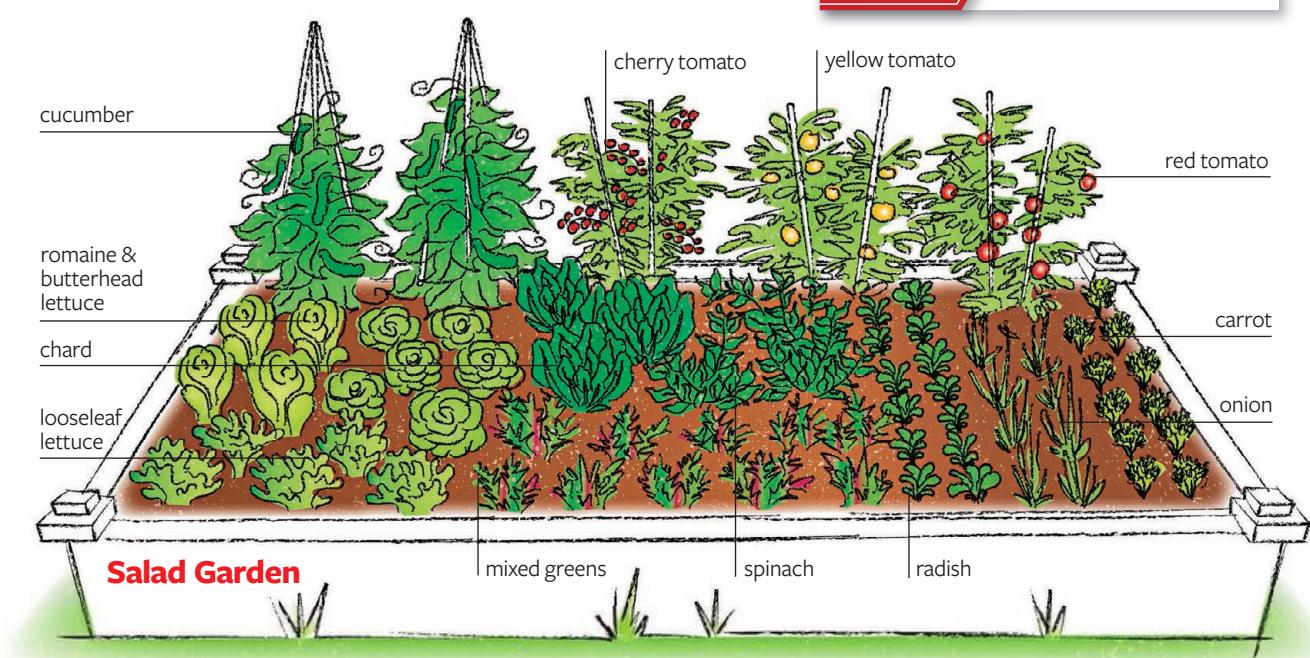


outdoors

LANDSCAPING

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about growing vegetables at
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Grow what you really eat

Let your favorite cuisine be the guide when you plan your garden. (See the gardens above for three delicious choices.) Plant salad greens, radishes, and carrots in early spring for harvest no later than early summer. Plant warm-season crops such as peppers and tomatoes after the last spring frost. Buying seedlings from garden centers is convenient. However, seed catalogs and racks offer more varieties, and starting seeds yourself is easy and saves money. ☺

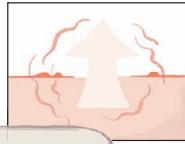
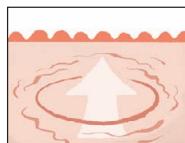
For more information about salsa gardens, see page 93.

HARVEST OF PLENTY

In a season, two 4x8 beds like these—using an area about 10x10 feet—could easily yield 40-50 lbs. of tomatoes, 10 lbs. of cucumbers, bushels of salad greens, and baskets full of the other vegetables shown. And they'll cost a fraction of what you'd pay at the grocery store.



Those bumps and blemishes that are tormenting you? It could be Rosacea.



Don't let your skin behave badly. Those bumps and blemishes that sometimes resemble acne could be Rosacea. It's a medical condition, and there's a medical treatment called Oracea®. Ask your doctor about once-daily prescription Oracea®, the only capsule approved to help reduce the bumps and blemishes of Rosacea. It works from the inside, targeting the chronic inflammation that causes flare-ups. With Oracea®, you can do something about your Rosacea – instead of just wondering what your skin is up to.



Oracea® is a capsule
that works from within.

Once-daily 40 mg Capsules

Oracea®

(doxycycline, USP) 30 mg immediate release &
10 mg delayed release beads

Help discipline your skin, with Oracea®

Find out more at www.oracea.com or call 888-ORA-CEA1

ORACEA is indicated only for the treatment of inflammatory lesions (papules and pustules) of Rosacea in adult patients. You may experience intestinal upsets, sore throat or sinus infections/sinusitis when taking Oracea. Do not take Oracea if you are allergic to tetracyclines. Oracea may cause harm to a developing fetus, so do not take Oracea if you are pregnant or breastfeeding. As with other tetracyclines, you should stay out of direct or artificial sunlight, and make sure you tell your doctor if you have stomach or GI problems, kidney disease, have a yeast or fungal infection, take blood thinners, take oral contraceptives, or take medicine to treat acne, psoriasis or seizures.

Oracea does not treat bacterial infections. To minimize the risk of developing bacterial resistance, Oracea should be used only as prescribed by your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Rx Only



Keep out of reach of children.

MICROBIOLOGY

The plasma concentrations of doxycycline achieved with ORACEA during administration (see DOSAGE AND ADMINISTRATION) are less than the concentration required to treat bacterial diseases. *In vivo* microbiological studies utilizing a similar drug exposure for up to 18 months demonstrated no detectable long-term effects on bacterial flora of the oral cavity, skin, intestinal tract, and vagina.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Doxycycline was assessed for potential to induce carcinogenesis in a study in which the compound was administered to Sprague-Dawley rats by gavage at dosages of 20, 75, and 200 mg/kg/day for two years. An increased incidence of uterine polyps was observed in female rats that received 200 mg/kg/day, a dosage that resulted in a systemic exposure to doxycycline approximately 12.2 times that observed in female humans who use ORACEA (exposure comparison based upon area under the curve (AUC) values). No impact upon tumor incidence was observed in male rats at 200 mg/kg/day, or in either gender at the other dosages studied. Evidence of oncogenic activity was obtained in studies with related compounds, i.e., oxytetracycline (adrenal and pituitary tumors) and minocycline (thyroid tumors). Doxycycline demonstrated no potential to cause genetic toxicity in an *in vitro* point mutation study with mammalian cells (CHO/HGPRT forward mutation assay) or in an *in vivo* micronucleus assay conducted in CD-1 mice. However, data from an *in vitro* assay with CHO cells for potential to cause chromosomal aberrations suggest that doxycycline is a weak clastogen.

Oral administration of doxycycline to male and female Sprague-Dawley rats adversely affected fertility and reproductive performance, as evidenced by increased time for mating to occur, reduced sperm motility, velocity, and concentration, abnormal sperm morphology, and increased pre-and post-implantation losses. Doxycycline induced reproductive toxicity at all dosages that were examined in this study, as even the lowest dosage tested (50 mg/kg/day) induced a statistically significant reduction in sperm velocity. Note that 50 mg/kg/day is approximately 3.6 times the amount of doxycycline contained in the recommended daily dose of ORACEA for a 60-kg human when compared on the basis of AUC estimates. Although doxycycline impairs the fertility of rats when administered at sufficient dosage, the effect of ORACEA on human fertility is unknown.

Pregnancy: Teratogenic Effects: Pregnancy Category D. (see WARNINGS section). Results from animal studies indicate that doxycycline crosses the placenta and is found in fetal tissues.

Nonteratogenic effects: (see WARNINGS section).

Labor and Delivery: The effect of tetracyclines on labor and delivery is unknown.

Nursing Mothers: Tetracyclines are excreted in human milk. Because of the potential for serious adverse reactions in infants from doxycycline, ORACEA should not be used in mothers who breastfeed. (see WARNINGS section).

Pediatric Use: ORACEA should not be used in infants and children less than 8 years of age (see WARNINGS section). ORACEA has not been studied in children of any age with regard to safety or efficacy, therefore use in children is not recommended.

ADVERSE REACTIONS

Adverse Reactions in Clinical Trials of ORACEA: In controlled clinical trials of adult patients with mild to moderate rosacea, 537 patients received ORACEA or placebo over a 16-week period. The most frequent adverse reactions occurring in these studies are listed in the table below.

Incidence (%) of Selected Adverse Reactions in Clinical Trials of ORACEA (n=269) vs. Placebo (n=268)	ORACEA	Placebo
Nasopharyngitis	13 (4.8)	9 (3.4)
Pharyngolaryngeal Pain	3 (1.1)	2 (0.7)
Sinusitis	7 (2.6)	2 (0.7)
Nasal Congestion	4 (1.5)	2 (0.7)
Fungal Infection	5 (1.9)	1 (0.4)
Influenza	5 (1.9)	3 (1.1)
Diarrhea	12 (4.5)	7 (2.6)
Abdominal Pain Upper	5 (1.9)	1 (0.4)
Abdominal Distention	3 (1.1)	1 (0.4)
Abdominal Pain	3 (1.1)	1 (0.4)
Stomach Discomfort	3 (1.1)	2 (0.7)

Note: Percentages based on total number of study participants in each treatment group.

Adverse Reactions for Tetracyclines: The following adverse reactions have been observed in patients receiving tetracyclines at higher, antimicrobial doses:

Gastrointestinal: anorexia, nausea, vomiting, diarrhea, glossitis, dysphagia, enterocolitis, and inflammatory lesions (with vaginal candidiasis) in the anogenital region. Hepatotoxicity has been reported rarely. Rare instances of esophagitis and esophageal ulcerations have been reported in patients receiving the capsule forms of the drug in the tetracycline class. Most of the patients experiencing esophagitis and/or esophageal ulceration took their medication immediately before lying down. (see DOSAGE AND ADMINISTRATION section).

Skin: maculopapular and erythematous rashes. Exfoliative dermatitis has been reported but is uncommon. Photosensitivity is discussed above. (see WARNINGS section).

Renal toxicity: Rise in BUN has been reported and is apparently dose-related. (see WARNINGS section).

Hypersensitivity reactions: urticaria, angioneurotic edema, anaphylaxis, anaphylactoid purpura, serum sickness, pericarditis, and exacerbation of systemic lupus erythematosus.

Blood: Hemolytic anemia, thrombocytopenia, neutropenia, and eosinophilia have been reported.

OVERDOSAGE

In case of overdose, discontinue medication, treat symptomatically, and institute supportive measures. Dialysis does not alter serum half-life and thus would not be of benefit in treating cases of overdose.

DOSAGE AND ADMINISTRATION

THE DOSAGE OF ORACEA DIFFERS FROM THAT OF DOXYCYCLINE USED TO TREAT INFECTIONS. EXCEEDING THE RECOMMENDED DOSAGE MAY RESULT IN AN INCREASED INCIDENCE OF SIDE EFFECTS INCLUDING THE DEVELOPMENT OF RESISTANT MICROORGANISMS.

One ORACEA Capsule (40 mg) should be taken once daily in the morning on an empty stomach, preferably at least one hour prior to or two hours after meals.

Efficacy beyond 16 weeks and safety beyond 9 months have not been established.

Administration of adequate amounts of fluid along with the capsules is recommended to wash down the capsule to reduce the risk of esophageal irritation and ulceration. (see ADVERSE REACTIONS section).

HOW SUPPLIED

ORACEA (beige opaque capsule printed with CGPI 40) containing doxycycline, USP in an amount equivalent to 40 mg of anhydrous doxycycline. Bottle of 30 (NDC 64682-009-01).

Storage: All products are to be stored at controlled room temperatures of 15°C-30°C (59°F-86°F) and dispensed in tight, light-resistant containers (USP). Keep out of reach of children.

Patent Information: U.S. Patents 5,789,395; 5,919,775; 7,232,572; 7,211,267 and patents pending.

ORACEA is a registered trademark of CollaGenex Pharmaceuticals, Inc.

Manufactured by: CardinalHealth
Marketed by: Galderma Laboratories, L.P.
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Best of all, each side of the Sleep Number® bed adjusts independently, making it the perfect bed for couples.

Get Relief from Back Pain

- 93% Experienced back-pain relief
- 89% Reported improved sleep quality
- 77% Discovered increased energy

It's the bed clinically proven to relieve back pain and improve sleep quality. Clinical studies show an amazing 93% of participants reported back-pain relief while 90% said other aches and pains were reduced.*

*Descriptions of clinical studies conducted on the Sleep Number® bed are available at 1-800-831-1211. †Excludes return shipping fee. No returns or exchanges on the Precision Comfort® Adjustable Foundation, Sleep Number SofaBed™ system, Comfort ServiceSM Home Delivery and Setup fees, closeout or demo bed models. ‡Restrictions apply. See card for details and expiration date.

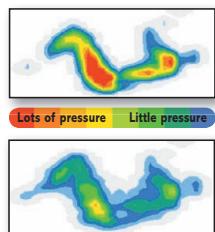
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The Sleep Number® Bed Makes Innersprings Obsolete

A traditional innerspring mattress offers only hard metal coils for support. By contrast, the Sleep Number® bed's revolutionary design features air-chamber technology that adjusts to your ideal level of firmness and support.

Conventional coil mattresses create uncomfortable pressure points, interrupting sleep.



A Sleep Number bed takes the pressure off.

TRY IT FOR 30 NIGHTS, RISK FREE!†

We're so sure you'll sleep better, you can take up to one month to decide, or your money back! You've got to sleep on it to believe it.

Receive a Special Thank You Gift!

For a limited time, inquire about our revolutionary bed and we'll send you a special \$50 Gift Card to use toward the purchase of any Sleep Number® bed or accessory item of \$100 or more.‡

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‡Restrictions apply. See gift card for details and expiration date.



1

3

2

Shade Sparkler

"This shade combo is perfect in a spot that gets a little dappled sunlight," Sandra says.

1. CALADIUM

'GINGERLAND' Plant in part to full shade.

2. BEGONIA 'BORIAS'

Prefers shade to part sun, and regular fertilizer.

3. EUPHORBIA

'DIAMOND FROST'

Airy white flowers bloom all summer.

Tops In Pots

Pick up some tips on growing gorgeous containers from the manager of the Better Homes and Gardens Test Garden®.

BY SUSAN APPLEGRET HURST PHOTOS KRITSADA

GARDEN TESTER

Sandra Gerdes manages our half-acre Test Garden in Des Moines, and grows many of the plants that we write about. If she isn't impressed, she won't recommend it to you.

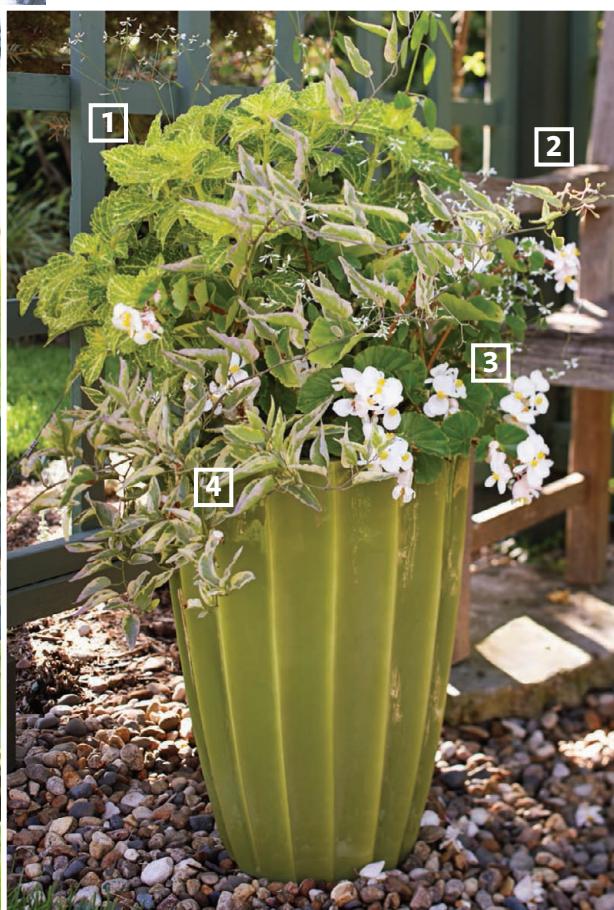


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Bold Banana

"The *Ensete* in this pot is in the banana family," says Sandra, "so it loves hot sun, but place it out of the wind."

1. *ENSETE 'MAURELII'*

Fast-growing in summer, up to 15 feet tall.

2. *LANTANA 'RADIATION'*

Needs sun, but little water, to bloom nonstop.

3. *COLEUS 'PINEAPPLE SPLASH'*

Plant this coleus in shade or part sun.

4. *IRESINE 'PURPLE LADY'*

Loves the heat but tolerates some shade.

5. *BEGONIA 'BONFIRE'*

Firecracker-red flowers bloom heavily and drape beautifully from pots.

Tall, Cool Combo

"This container group keeps its good looks despite a full day of sun," Sandra says.

1. *COLEUS 'ELECTRIC LIME'*

Here's a coleus that works in shade or sun.

2. *EUPHORBIUM 'DIAMOND FROST'*

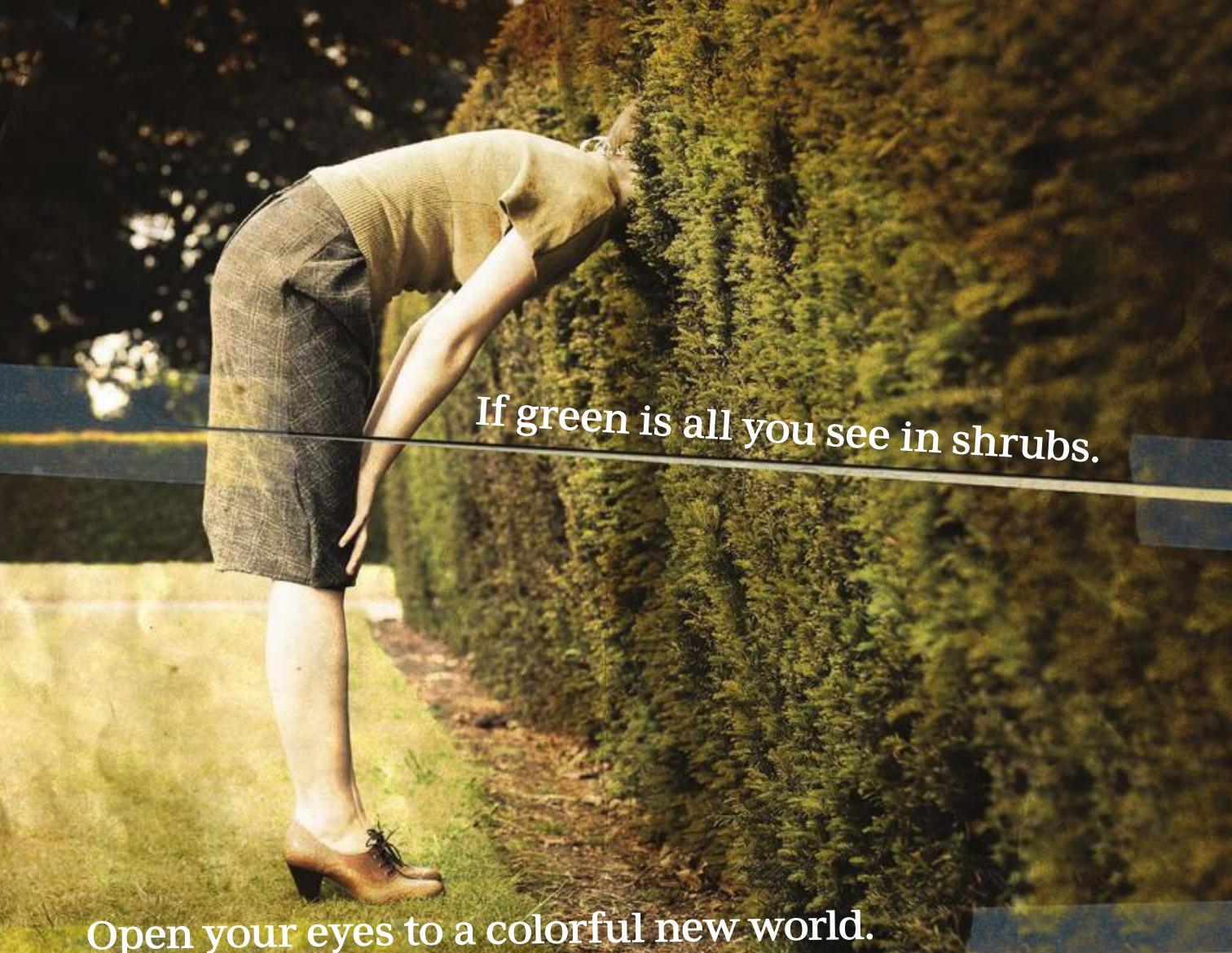
The tiny white flowers are drought-tolerant and never need pinching.

3. *BEGONIA 'BABYWING WHITE'*

Lots of flowers and nice foliage all summer.

4. *SOLANUM 'VARIEGATUM'*

This potato vine loves the heat and prefers sun.



If green is all you see in shrubs.

Open your eyes to a colorful new world.



If you've never considered shrubs a brilliant garden option, consider this: ColorChoice[®] flowering shrubs are a new generation – bred and selected by expert horticulturists to give you lots of color without all the work. They bear the Proven Winners[®] seal by meeting rigorous standards for color, health, hardiness and ease of care. A colorful

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Custom Blend

Sandra likes to mix perennials, annuals, and even small shrubs to spice up her pots.

1. SALVIA 'EVOLUTION'

Deep purple spikes add spark in hot, sunny areas.

2. CANNA 'BANGKOK'

Flashy foliage is what this short canna is all about.

3. BUDDLEIA 'LO & BEHOLD'

A mini version of the taller butterfly bush.

4. CALIBRACHOA MINI FAMOUS 'DOUBLE BLUE' AND 'DOUBLE PINK'

Bloom all summer.

5. PEPPER 'CALICO'

Leaves are a mix of green, cream, and purple. Fruit is glossy black. ☺

*For buying information
see page 232.*

POT POINTERS

"Good watering practices are key for containers," Sandra says. Plants will thrive when moisture is consistent, and in practical terms, that often means watering daily. Here are some tips from Sandra for containers that look great all season long.

PERFECT PARTNERS

"Make sure all the plants in the pot have similar needs," says Sandra. "For example, don't mix drought-tolerant plants, such as sedum, with thirsty plants, like cannas." Check plant labels for water requirements.

BIGGER IS BETTER

"The bigger the pot, the longer you can go before watering again. And plants will perform better," says Sandra. "Use the biggest container you can easily lift." Fiberglass or resin pots weigh less, letting you use larger containers.

NO WET FEET

Water regularly, but allow excess to drain away from the pot. "Allowing a pot to stand in a saucer of water is not a substitute for regular watering," says Sandra. Standing water also provides mosquitoes a place to breed.

This shopping trip is no bargain if you have Diabetic Nerve Pain.



Move towards relief with

LYRICA
PREGABALIN capsules



Nerves damaged by diabetes can send too many signals that cause pain.*

Lyrica is believed to help calm the damaged nerves[†]—reducing the signals and the pain.

Unlike some common over-the-counter pain relievers, Lyrica is FDA approved specifically to treat the **shooting, stabbing, burning sensations** of diabetic nerve pain. Lyrica is believed to help calm the damaged nerves[†] and help ease this pain – and that's a deal worth seeking out.

Ask your doctor if Lyrica can help you.

*Diagram is illustrative of diabetic nerve pain.

[†] Exact mechanism of action and relevance to humans are unknown as studies were conducted on animal models.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue or neck or affects your breathing or your skin. Also tell your doctor about any changes in your eyesight, including blurry vision, muscle pain along with a fever or tired feeling, skin sores due to diabetes or if you are planning to father a child. Some of the most common side effects of Lyrica are dizziness and sleepiness. Others are weight gain, blurry vision, dry mouth, feeling "high," swelling of hands and feet and trouble concentrating. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drive or operate machinery until you know how Lyrica affects you. Do not drink alcohol while taking Lyrica. Be especially careful about medicines that make you sleepy. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see *Important Facts Brief Summary* on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-9-LYRICA (1-888-959-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS



(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious allergic reactions.

Call your doctor right away if you think you have any of the following symptoms of a serious allergic reaction:

- Swelling of the face, mouth, lips, gums, tongue or neck
- Have any trouble breathing
- Other allergic reactions include rash, hives and blisters

LYRICA may make you feel dizzy or sleepy.

- Do not drive a car, work with machines, or do other dangerous things until you are sure you will be alert. Ask your doctor when it is okay to do these things.

LYRICA may cause problems with your eyesight, including blurry vision.

- Call your doctor if you have any changes in your eyesight.

ABOUT LYRICA

LYRICA is a prescription medicine used to treat:

- Nerve pain from diabetes and nerve pain that continues after the rash from shingles heals
This pain can be sharp or burning. It can feel like tingling, shooting, or numbness.
- Fibromyalgia, a condition which includes widespread muscle pain and difficulty performing daily activities

Some people taking LYRICA had less pain by the end of the first week. LYRICA may not work for everyone.

WHO IS LYRICA FOR?

Who can take LYRICA:

- Adults 18 years or older with Fibromyalgia, nerve pain from diabetes, or pain after shingles

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

LYRICA has not been studied in children under 18 years of age.

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions.

Tell your doctor if you:

- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused drugs or alcohol. LYRICA may cause some people to feel "high."
- Are either a man or woman planning to have children or a woman who is breast-feeding, pregnant, or may become pregnant. It is not known if LYRICA may decrease male fertility, pass into breast milk, or if it can harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal products. Tell your doctor if you take:

- Avandia® (rosiglitazone)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling if these medicines are taken with LYRICA.
- Angiotensin converting enzyme (ACE) inhibitors
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness if these medicines are taken with LYRICA.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- Serious allergic reactions. See "Important Safety Information About LYRICA" for a complete description of the symptoms of a serious allergic reaction.
- Dizziness and sleepiness
- Eyesight problems including blurry vision
- Weight gain and swelling of hands and feet. Weight gain may affect control of diabetes. Weight gain and swelling can be serious for people with heart problems.
- Unexplained muscle pain, soreness, or weakness along with a fever or tired feeling
- Skin sores. LYRICA caused skin sores in animals. Although skin sores were not seen in studies in people, if you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

• Dizziness	• Feeling "high"
• Sleepiness	• Swelling of hands and feet
• Weight gain	• Balance problems
• Blurry vision	• Trouble concentrating
• Dry mouth	• Increased appetite
• Constipation	

You may have a higher chance of swelling, hives or gaining weight if you are taking certain diabetes medicines or angiotensin converting enzyme (ACE) inhibitors with LYRICA.

Medicines that already make you sleepy or dizzy may make you feel more sleepy or dizzy with LYRICA.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor may tell you to take it 2 or 3 times a day.
- Take LYRICA with or without food.

Don't:

- Do not drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Do not drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Do not change the dose or stop LYRICA suddenly.
You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Do not start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to www.lyrica.com or call:
 - For Nerve Pain: 1-888-9-LYRICA (1-888-959-7422).
 - For Fibromyalgia: 1-888-5-LYRICA (1-888-559-7422).

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.



READER SHOPPING



A Lilac That Reblooms

This spring we are excited to introduce the new reblooming lilac, "Bloomerang"™. In May this powerful lilac will be covered in heavy clusters of purple-pink, sweetly scented blooms. The bush continues reblooming until the frost. Reaching just 4–5 feet tall, it is an excellent shrub for small spaces. Plant several together and create a fragrant hedge. They're ideal for cutting, because the blooms are abundant—plenty for inside and outside. Bloomerang lilacs are easy to grow in full sun and average soil. These long-lived shrubs are hardy in Zones 4–7. Plants are shipped in 5" pots mid-April through June. One plant sells for \$19.95, or 3 plants for \$55.95 plus shipping.



**TO ORDER: CALL
WHITE FLOWER FARM,
800/420-2852,** or visit readershopping.com. Please specify **MM067561**. Please order early; quantities are limited. Sorry, we are unable to ship to APO/FPO addresses, or addresses outside the contiguous United States.

ZICAM®

BRINGS YOU
**ALLERGY
RELIEF**
IN A
GEL SWAB.



Take Charge. Take Zicam.®

RELIEF IN 3 EASY STEPS



Snap

Swab

Squeeze

outdoors

INSTANT IMPACT



Sharp Edges

Make a stylish planter in minutes with inexpensive concrete edgers.

BY ERIC LISKEY PHOTOS PETE KRUMHARDT PRODUCED BY SCOTT J. JOHNSON

With the help of **SYMBICORT**, I know my asthma is under control

SYMBICORT helps control my asthma symptoms day and night AND starts opening my airways within 15 minutes.* It is not a rescue inhaler and won't replace one for sudden symptoms.

And SYMBICORT combines two medicines to help control inflammation and constriction. So I'm breathing more freely, and that feels good to me.

Ask your doctor if SYMBICORT is right for you.

*Your results may vary.

IMPORTANT SAFETY INFORMATION

Prescription SYMBICORT is a controller medicine for the long-term maintenance treatment of asthma. SYMBICORT is for people 12 years and older whose doctor has decided are not well controlled on another asthma-controller medicine or who need two asthma-controller medicines. SYMBICORT is not for the treatment of sudden asthma symptoms.

SYMBICORT contains formoterol, a long-acting beta₂-agonist (LABA). Medicines containing LABAs may increase the chance of asthma-related death. So, SYMBICORT should be used only if your health care professional decides another asthma-controller medicine alone does not control your asthma or you need two controller medicines.

While taking SYMBICORT, never use another medicine containing a LABA. SYMBICORT won't replace rescue inhalers for sudden asthma symptoms. Do not use SYMBICORT more than twice a day.

If you are taking SYMBICORT, see your health care professional if your asthma does not improve or gets worse.

Some people may experience increased blood pressure, heart rate, or change in heart rhythm. Tell your doctor if you have a heart condition or high blood pressure. If you are switching to SYMBICORT from an oral corticosteroid, follow your doctor's instructions to avoid health risks when you stop using oral corticosteroids.

Avoid exposure to infections such as chicken pox or measles. Tell your health care professional immediately if you are exposed.

In clinical studies, common side effects included nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, and stomach discomfort.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

**For more information, go to MySymbicort.com
or call 1-888-777-4350.**

*If you cannot afford your prescription,
AstraZeneca may be able to help.*



IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

- In patients with asthma, long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.
- SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta₂-agonist medicine) with you. If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.
- Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.
- Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine for long-term maintenance treatment, taken twice a day, every day, to control asthma in patients 12 years and older. It will not replace your fast-acting inhaler for relief of sudden asthma symptoms.

SYMBICORT contains two medicines:

- Budesonide (the same medicine found in PULMICORT TURBUHALER® [budesonide inhalation powder], PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
- Formoterol (the same medicine found in Foradil® Aerolizer®). A long-acting beta₂-agonist medicine, or LABA. LABA medicines help the muscles in the airways of the lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten, which, in severe cases, can cause breathing to stop completely if not treated right away.

WHO SHOULD NOT TAKE SYMBICORT?

You should NOT take SYMBICORT if your health care professional:

- decides that your asthma is well controlled using another asthma-controller medicine
- you only use a fast-acting inhaler less than twice a week

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have been on an oral steroid, like prednisone
- have osteoporosis

■ have an immune system problem or have been exposed to chicken pox or measles

- have tuberculosis or other infections
- are pregnant or planning to become pregnant because it is not known if SYMBICORT may harm your unborn baby
- are breast-feeding because it is not known if SYMBICORT passes into your milk and if it can harm your baby

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. So be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get any new medicine, just to ensure there are no potential drug interactions.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional.

SYMBICORT should be taken twice every day as prescribed by your health care professional.

SYMBICORT comes in two strengths. Your health care professional will prescribe the strength that is best for you.

When you use SYMBICORT, make sure you

- use SYMBICORT exactly as prescribed
- take two puffs of SYMBICORT in the morning and two puffs in the evening every day. If you miss a dose of SYMBICORT, you should take your next dose at the same time you normally do
- do not take SYMBICORT more often or use more puffs than you have been prescribed
- rinse your mouth with water after each dose (two puffs) of SYMBICORT without swallowing
- do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed
- always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT

Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, tongue; and breathing problems

Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use four or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do NOT use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Foradil® Aerolizer® (formoterol fumarate inhalation powder)

WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Immune system effects and a higher chance for infections
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT

WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

- Nose and throat irritation
- Headache
- Upper respiratory tract infection
- Sore throat
- Sinusitis
- Stomach discomfort
- Oral thrush

Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her.

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Product of France

311520-00 7/07 257298



Visit www.MySymbicort.com.

Or, call 1-888-SYMBICORT

AstraZeneca



Assembling a Planter

Almost any concrete edging can be used to create planters. Our choice—a columnar design, left—forms corners without obvious seams. You'll need flat concrete steppers for the base. Before buying, measure to make sure the steppers are an appropriate size.



DRY RUN Assemble the planter—without gluing—to ensure the pieces fit. Assembly is upside down, so the steppers go on top.



GLUE EDGING Apply block adhesive to each corner joint, then assemble edgers. Adjust as needed to make sure they form a true square.



APPLY BASE Run a bead of adhesive along the bottom edge (leave gaps for drainage), then place the steppers. Let harden for 24 hours. ☀

For buying information see page 232.

BETTER HOMES AND GARDENS APRIL 2009 113



Espresso & The Sunday Paper

Keep Home Smelling Like Home™

New Tidy Cats® Scoop is specially formulated to neutralize odors, keeping your house filled with cats smelling like it should: smelling like home.

Explore the full range of Tidy Cats® litter formulas at tidycats.com.



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outdoors

APRIL GARDENER

Our favorite tools and tips for everyone who loves to dig

BY SUSAN APPLEGET HURST



LIVING GREEN

PILES OF PLASTIC

Here's how to handle all those containers.

The wonderful variety of plants makes gardening fun, but what do you do with all those leftover pots? Millions of them end up in landfills every year. Nurseries are reluctant to reuse them, and many curbside recyclers do not accept them. But there are certain steps you can take to reduce the waste stream created by nursery pots and help keep the green in gardening. See page 115.

PHOTOS: (PLASTIC POTS) KRITASADA; (FIBER POTS) MARTY BALDWIN



BHG BASICS

Most plastic containers are stamped with a number inside a triangular recycling symbol, indicating the type of plastic. Check with your recycler to see which numbers it accepts.

FIVE THINGS YOU CAN DO

1. Call your trash service to see if it accepts nursery pots for recycling.
2. Contact local botanical gardens or Master Gardener offices to see if they organize, or know of, programs for nursery pot recycling or reuse.
3. Ask about return or recycling programs at garden centers where you buy plants. Some will accept returns if you're willing to clean pots before bringing them in.
4. Look for plants grown and sold in biodegradable pots, *left*, that can be planted and left in the soil. Patronize garden centers that carry them.
5. Reuse pots for plant sales or trades. Before reusing, be sure to clean off all traces of old soil.

BETTER HOMES AND GARDENS APRIL 2009 115

Split Pea Soup & Fresh Laundry

Keep Home Smelling Like HomeTM

BREEZE® from Tidy Cats® is a breakthrough in odor control technology. The intelligent BREEZE® Litter System lets liquid waste pass through dehydrating Litter Pellets onto an odor absorbing Cat Pad that locks in odor away from solid waste. Just change the Cat Pad once a week*, and the Litter Pellets every month. It's the hassle free way to keep your house smelling like it should: smelling like home.

Visit breezeforcats.com to learn more.

BREEZE
ODOR CONTROL MADE EASY



PURINA[®]
**TIDY
CATS**
FOR MULTIPLE CATS

* For homes with multiple cats, the Cat Pad should be changed more often.
Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland



**While you're
at it, negotiate
more vacation
time.**



*Indulge. In freedom. In options.
In you. Whether you're looking
to make a bold design statement
or going for a whisper, nobody
gives you more means to express
yourself outdoors than Trex®.
From decking, mix-and-match
railing systems, and fencing and
trim—we offer more color, more
texture, more style. So you can
make your backyard oasis
exactly that—yours.*



TREX.COM
1-800-BUY-TREX

©2009 Trex Company, Inc.

outdoors

APRIL GARDENER



PLANTINGS

BIG BANG

Calibrachoa is one of our favorites for hanging pots and windowboxes because it blooms heavily all summer and loves the sun. The double blooms of the new Mini Famous series are real scene-stealers. Besides 'Double Yellow', shown, it's available in blue and three shades of pink. Find a garden center at minifamousclub.com.

When you plant new trees and shrubs this spring, be sure to remove every bit of string, twine, wire, and any plant tags. As plants grow, these materials can cause serious harm by cutting into trunks and branches.

ERIC LISKEY, DEPUTY EDITOR

WEB TOOLS

A BETTER GUIDE TO GARDENS

An expanded Plant Encyclopedia, a Garden Doctor Q&A, and an inspiring Outdoor Living Gallery await you at the newly designed garden section on BHG.com this month. While you're visiting BHG.com/gardening,

check out the load of benefits you'll enjoy as a member of the new BHG Garden Club, and watch for the Spring Awakening Sweepstakes and the chance to win a Toyota Prius.

The screenshot shows the Better Homes and Gardens website with a search bar and navigation links for plant encyclopedia, garden doctor, regional gardening, and garden plans. The main content area features a "plant encyclopedia" section with a sub-section for annuals and perennials. It includes images of tulips, sunflowers, and leadplant, along with a "SHARE" button.

PHOTO: (CALIBRACHOA) COURTESY SELECTA FIRST CLASS

A photograph of a person's bare feet resting on a white plastic railing. The railing is mounted on a wooden deck made of horizontal planks. The background shows more of the wooden deck and a metal support post.

Aspire to be among the underworked.

Stop. Just—stop.

*Close the laptop,
let the calls go to
voice mail and
finally give yourself
permission to stop.*

*Easier said than
done, right?*

*Not if you're a Trex®
owner. Without the
high maintenance
of wood decking and
without the boundaries
of limited design
options, you'll become
all too comfortable
to simply go without.
So ask yourself—
do you have what
it takes to get
nothing done?*

ONLY GENUINE TREX®—ALWAYS ON TREX.COM,
OR 1-800-BUY-TREX.





YARD GOODS

KOMBI SHOVEL

The sharp, angled teeth of the Kombi Shovel cut through roots with ease, making it much simpler to dig a new bed, plant a tree, or move a rosebush. \$40-\$80; millsmix.com



NATURAL GARDENS

GREEN GRASS

Corn gluten meal, a by-product of corn milling, is a natural herbicide that you can use as a crabgrass preventer in lawns. The key to success, as with all weed preventers, is timing. Apply corn gluten products shortly before weed seeds sprout. In most areas, that's when forsythia blooms begin to drop. As a bonus, corn gluten also feeds your lawn. Follow all package instructions. *For buyer's information see page 232.*

THIS MONTH IN THE GARDEN



NORTH

Improve soil by topdressing garden beds with a layer of 2–3 inches of compost. The compost will also act as a mulch. Work compost into the planting hole when adding perennials and shrubs.



SOUTH

Plant a colorful annual vine to create a bit of shade or to disguise an unattractive fence. April's warm weather will encourage quick growth and you'll have blooms until frost. Plant hyacinth bean vine, cypress vine, *Thunbergia*, above, or morning glory.



WEST

Continue to pay close attention to any shrubs, trees, and perennials that were planted last fall. Plants that are not completely established may need a little extra water, even if most of your yard is watered on a regular schedule.



My immune system is so strong, when I say jump,
it asks how high?

I am more than just a dog.

I am an Iams dog



Iams Healthy Naturals with powerful antioxidants to support immunity

100% complete and balanced nutrition combining four food groups. Wholesome chicken, multigrains, leafy greens and fruit. Plus vitamin E and antioxidants for a strong immune system. No fillers or artificial preservatives. And, as always, Iams is veterinarian recommended. Satisfaction guaranteed or your money back.



Life's Better on Iams®



Learning to Grow

You can cut back on chemicals and still get a great garden, says this Master Gardener.

BY SUSAN APPLEGET HURST PHOTOS ANDY LYONS

In 1984, when Omaha gardener Bob Elkins first bought a house, he learned to garden by following the example of his neighbors. "They seemed so sure about what they did that it didn't occur to me to ask questions," Bob says. As he became more interested in gardening, he took Master Gardener classes and discovered different, more earth-friendly ways. "In training, I learned about IPM

PLANTING SEEDS Bob Elkins, left, teaches his grandsons (top to bottom) Sebastian, Gabriel, and Julian to garden.

(integrated pest management)," he says. "The concept of IPM includes being as conservative as you can with chemicals." That was especially important when the first of his three grandsons arrived. "I realized that he could be exposed to this stuff while playing in the yard." Bob explains how his new approach is working.

Q • How do you control weeds?

Mulching is one of the most important things I do. If I mulch well, and pull a few weeds by hand, I seldom need to use weed killers. In the past, I would use herbicide to kill the grass around the trunks of trees. Now I mulch around the trees, and that takes care of it.

Q • How do you handle pests and diseases?

I treat the cause of the problem, not just the symptom. I have problems with brown patch on my lawn, and in the past I would have used a fungicide. But I learned that the real problem is the heavy clay soil that doesn't drain well. So, I spread compost on the problem areas to build the soil so that it breaks up the clay. It will take time, but that's OK.

Q • Do you still use fertilizer?

I top my beds off with organic mulch every spring. The mulch feeds the plants, so I really don't need more fertilizer. The big change is how I treat my lawn. I no longer rely on a lawn service to make all the decisions. I take a soil sample every year, send it to the extension service labs, and see what they recommend. Then I tell my lawn service what I want done. I don't want to pay for unneeded fertilizer. Folks really ought to take advantage of their extension service more. It's a great resource, including advice for using chemicals correctly, if they're needed. ☀

To locate the extension office nearest you, visit csrees.usda.gov.

Vyvanse: Now approved for adults with ADHD.



“When my ADHD symptoms are controlled, I can focus and finish what I start.”

In a clinical study of adults with ADHD, once daily Vyvanse significantly improved symptoms of inattention (eg, lack of focus), hyperactivity, and impulsivity within one week.

If you have ADHD and have trouble focusing, ask your doctor about Vyvanse.
1-866-630-1283, www.vyvanse.com

NOW FOR ADULTS WITH ADHD

Vyvanse™ (lisdexamfetamine dimesylate) capsules

IMPORTANT SAFETY INFORMATION

Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor **immediately** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor **before** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures

or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor **immediately** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the following page.

Shire...your ADHD Support Company™ ©2009 Shire US Inc. VYV00210 01/09

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Vyvanse: Now 3 million prescriptions filled for ADHD.



**Consistent Cara
throughout the day,
even at 6 PM.**

**When Cara's ADHD symptoms are
consistently controlled, she can focus on her
lessons so others can see the child I see.**

Vyvanse has been shown to provide significant symptom control for up to 12 hours from morning through homework and family time.

**If your child with ADHD has trouble focusing,
ask the doctor about Vyvanse.
1-866-630-1283, www.vyvanse.com**

CONSISTENTLY VYVANSE

Vyvanse™
(lisdexamfetamine
dimesylate) capsules

IMPORTANT SAFETY INFORMATION

Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

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Tell the doctor **before** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures

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Please see Patient Brief Summary of Full Prescribing Information on the previous page.

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You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

MEDICATION GUIDE

VYVANSE™ (lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?

Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- sudden death in patients who have heart problems or heart defects
- stroke and heart attack in adults
- increased blood pressure and heart rate

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- new or worse behavior and thought problems
- new or worse bipolar illness
- new or worse aggressive behavior or hostility

Children and Teenagers

- new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD). Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- blood pressure medicines
- narcotic pain medicines
- lithium
- seizure medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- Take Vyvanse exactly as prescribed. Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.

What are possible side effects of Vyvanse?

See "What is the most important information I should know about Vyvanse?" for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

• upper belly pain	• nausea	• dry mouth
• dizziness	• weight loss	• trouble sleeping
• irritability	• decreased appetite	• vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities. Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C).
- Protect from light.

• Keep Vyvanse and all medicines out of the reach of children.

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

outdoors

IN THE GARDEN

NEUTON CE 6.2

A removable battery lets you swap with a charged one to keep mowing. Cutting height tops out at 2.8 inches—too low for some lawns. COST \$449 WEIGHT 69 pounds CUTTING WIDTH 19 inches neutonpower.com



LAWN MOWERS

The models we tried mostly performed as advertised—a good-quality cut with quiet, simple operation. And it's easy to love a mower that never needs gas, oil, or engine maintenance. Battery power has limits, though. Our 10,000-square-foot test lawn, after a week's active growth, was more than any of these mowers could finish on one charge. But for smaller areas, they are practical, eco-friendly choices.



BLACK & DECKER CMM1200

Foldable handles mean this mower stores well in tight spaces. The battery had good endurance but can't be swapped with a fresh one. COST \$400 WEIGHT 76 pounds CUTTING WIDTH 19 inches blackanddecker.com/cordlessmower



BRILL RAZORCUT ACCU 38

A 5-blade reel works especially well on short, highly manicured grass. The narrow width makes it suitable only for small lawns. COST \$400 WEIGHT 29 pounds CUTTING WIDTH 15 inches cleanairgardening.com

Make the Cut

Cordless mowers and trimmers are quiet and emission-free. But do they get the job done? We put six of them to the test.

BY ERIC LISKEY PHOTOS PETE KRUMHARDT

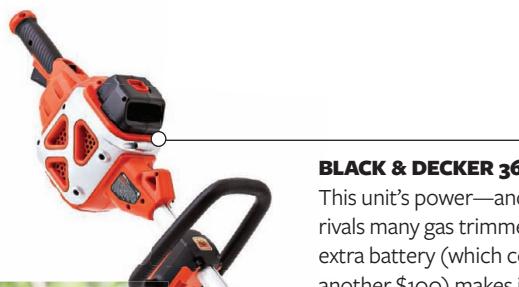
STRING TRIMMERS

Trimmers are among the best-suited yard tools for cordless technology. The units we tested had more than enough power and endurance for light lawn trimming and edging. In addition, cordless versions, without the noise and fumes, are cost-competitive with gas units. Though ideal for light-duty residential use, the models we tested, with one exception, were not suitable for larger jobs.



BHG TIP

Recycle old batteries rather than throw them in the trash. Most major retailers accept old batteries. Or contact the manufacturer for instructions.



BLACK & DECKER 36V

This unit's power—and heft—rivals many gas trimmers. An extra battery (which costs another \$100) makes it suitable for lengthier jobs.
COST \$199 **WEIGHT** 12 pounds
blackanddecker.com



TORO 12V

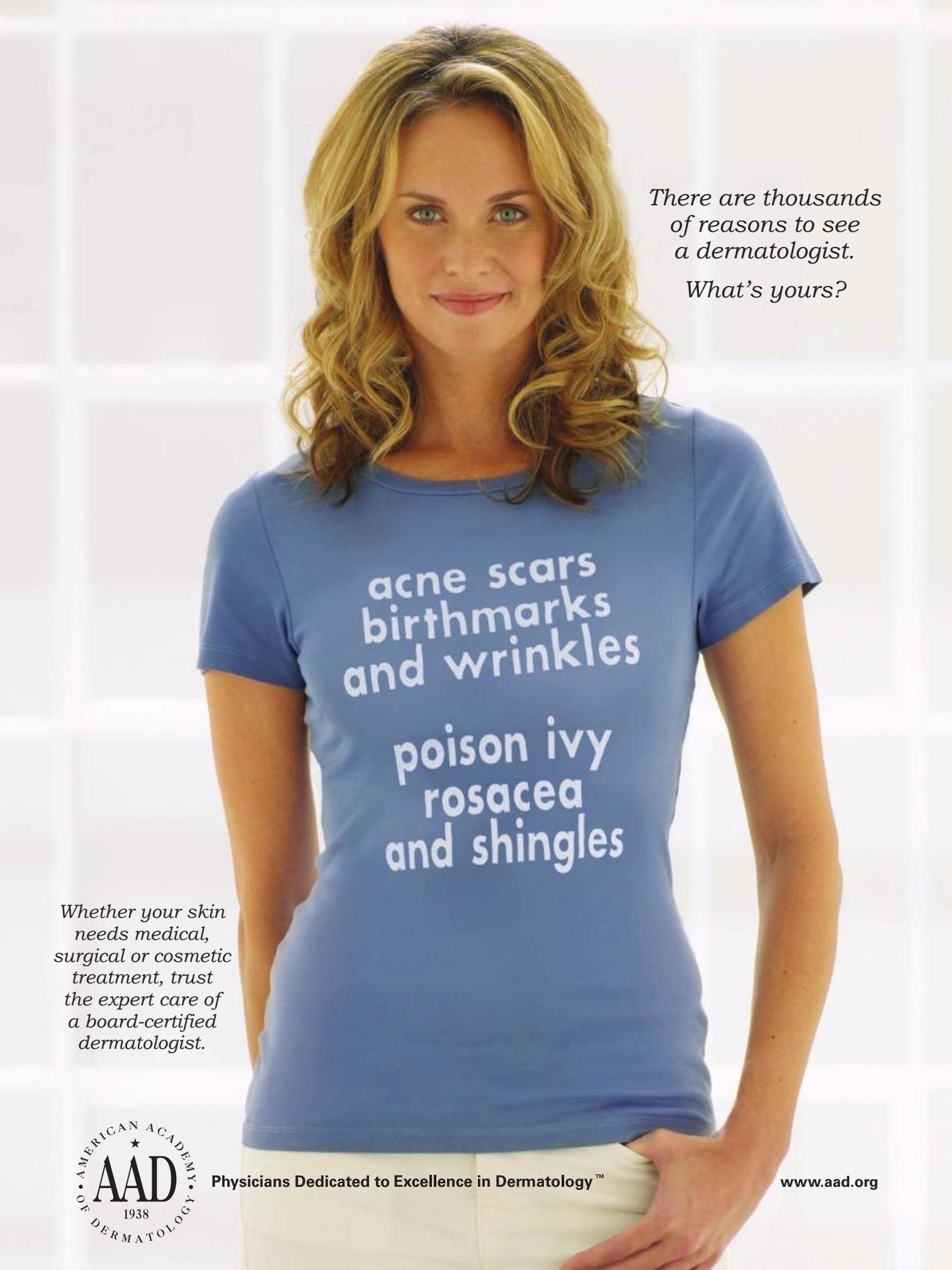
This light-duty unit won't tackle the north forty, but it's ideal for routine lawn trimming.
COST \$60 **WEIGHT** 6.4 pounds
toro.com



WORX 18V

A head and handle that tilt, and a telescoping shaft make this a versatile light-duty trimmer. The cutting head rotates for sidewalk edging.
COST \$100 **WEIGHT** 6.8 pounds
worxgt.com





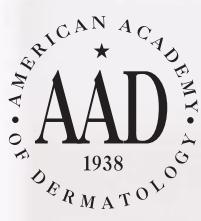
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birthmarks
and wrinkles

poison ivy
rosacea
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needs medical,
surgical or cosmetic
treatment, trust
the expert care of
a board-certified
dermatologist.*



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Shirt Tales

The white shirt never goes out of style—it just gets reinterpreted. This spring, look for shirts with a modern touch, or take that crisp one you own and get creative.

BY KELLY L. PHILLIPS
PHOTOS KATHRYN GAMBLE
STYLING MARCUS HAY AND
NANCY WEINBERG SIMON

VESTED INTEREST
A waterfall of ruffles gives this top a high-end look without the steep price. Try it paired with a vest or as a stand-alone with jeans; Ruffle front shirt, Express, \$50; express.com. Pin-dot vest, Cable & Gauge, \$58; cableandgauge.com.



Did you know?

It seems counterintuitive, but a white bra worn under a white shirt can be very revealing. Choose nude or skin-tone underpinnings for a seamless look.



1



2



3



4

THE WHITE FIT

French designer Anne Fontaine specializes exclusively in white shirts. Her elegant line includes nearly 500 new styles each season. She truly knows how to choose a great one—and tells us exactly how.

■ TAILORING

Think twice about looks that are billowy or boxy. "You want to look sleek in your shirt, not sloppy or packed-in too tightly," says Fontaine. Pay special attention to how a shirt fits around the bust—a little stretch in the fabric will avoid pulling. Also, check that the hemline hits right at the hip.

■ FABRIC

Look for a material that's heavy enough to hold its shape and isn't too sheer.

■ COLLAR

"A gorgeous collar acts as built-in jewelry," says Fontaine. Look for one that's stiff enough to maintain its shape but doesn't rub uncomfortably against your neck.

■ CUFFS

French cuffs or ruffles are pretty options. For the best fit, make sure cuffs don't drop down past your wrist bone. Fontaine recommends fun cufflinks to change the look.

1. **Button-down "Crystal" shirt**, Not Your Daughter's Jeans, \$99; Nordstrom.com **Short-sleeve classic cashmere jewel-neck sweater**, Lands' End, \$90; landsend.com **Faceted multidrop necklace**, Avon, \$20; avon.com
2. **Wrap shirt**, Ann Taylor, \$69; antaylor.com **Shimmer shine skirt**, Nic & Zoe, \$157; zappos.com **36" graduated pearl necklace**, Calabria collection by Adrienne Vittadini, \$68, at Dillard's stores. **Geox "D Cristal 1" flats**, \$145; zappos.com
3. **Shirtdress**, Song by Valerie Gregory McKenzie, \$145; song-life.com **Mauve leather sash**, Evil's, \$70; evilsweb.com **Brown beaded necklace**, Lauren by Ralph Lauren, \$178, 888/475-7674
4. **Eyelet-sleeve popover top**, Ann Taylor Loft, \$49; antaylorloft.com. **Sleeveless twisted bow top**, Simply Vera Vera Wang, \$48; kohls.com **Triple-flower necklace**, GS Lillian, from \$68 (for a single flower); gslillian.com

THE ART OF THE CRUNCH

Basic, all-natural pita, twice baked, with Parmesan baked right in. Stacy's® Parmesan Garlic & Herb flavored Pita Chips. It's art at its crunchiest.

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BAKED



Cheat Sheet

For a top that looks good, fits well, and stays put, opt for one of these ingenious white shirts.



FOR WASH-AND-GO WEAR

(Right) Wrinkle-resistant fabric makes this tuxedo-style top a standout—no ironing required; Tuxedo shirt, TravelSmith, \$49; travelsmith.com

FOR COUTURE STYLE

(Left) Make an investment in a wardrobe staple that's cut precisely to your bust size, body type, and torso length. Double-buttons at the bust cut down on gaping too; Stretch slim fit top with princess seams, Rebecca & Drew, \$195; rebeccaanddrew.com

FOR AN EFFORTLESS TUCK

(Above) Fake a seamless fit with a white-shirted version of the bodysuit that won't come untucked; Ruffle bodysuit, Metrostyle, \$30; metrostyle.com

WHITE WASH

Keep whites looking bright with these tips.

SORT IT OUT

Separate whites from other colors before washing to cut down on graying.

TURN UP THE HEAT

According to the experts behind Arm & Hammer detergents, the hotter the water, the better the cleansing. Check the fabric label for washing instructions and use the hottest water recommended.

REACH FOR BLEACH?

Chlorine bleach can brighten clothes, but it can also break down the optical brighteners applied to many white fabrics. Use only if the garment tag recommends bleaching products.

SCRUB BRUSH

For grime around the collar and cuffs, use a soft toothbrush to work a safe stain remover into the fabric. The bristles create enough friction to remove dirt without damaging the fabric.

DON'T SWEAT IT

To remove yellowed stains at underarms, use a stain remover with enzymes that target sweat stains. Stop stains proactively with a disposable garment shield that adheres to any fabric; \$7, kleinertsshields.com ☐

A pure white shirt can make you feel empowered and confident. It's truly timeless, elegant, and always evolving!"

—ANNE FONTAINE, DESIGNER



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100% gorgeous finish.
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Brights in Bloom

Take a step outside to find makeup color cues. This anything-but-demure bouquet of garden-inspired hues for eyes and lips will ensure you're never mistaken for a shrinking violet.

BY MELISSA MILRAD GOLDSTEIN PHOTOS KATHRYN GAMBLE STYLING MARCUS HAY



For your eyes

BLUE

- Blues got a bad reputation when they were heaped on with abandon in the '80s. Now they're back in a simpler, more refined way.
- A light wash of powder blue over the lids adds the right amount of impact without overwhelming fairer complexions. Denim and periwinkle hues, on the other hand, are better suited to olive and dark skin tones.
- Both navy and cobalt blue eyeliners are universally flattering—especially when paired with a neutral taupe shadow.

GREEN

- With so many variations that run the gamut from lime to pistachio and sage, green is a great alternative for those who feel stuck in a neutral color rut.
- Hazel and brown eyes look best in forest green or emerald tones, while muddy, moss greens are a safe, neutral choice for most, says British makeup artist Jemma Kidd.

YELLOW

- Yellow is a mellow, unexpected color that will wake up your look, especially when swept across the inner half of the lid.
- Pastel, buttery yellows add dimension to blue eyes; all others should stick with more golden tones.
- Wear yellows sparingly to avoid oversaturated color. Pair them with a neutral lip color.

PURPLE

- Purples abound in nature, so it comes as no surprise that this shade is flattering to all.
- Fair skin tones look best in lavender and mauve, while those with olive and dark complexions should seek out deeper amethyst and eggplant tones, says Luis Casco, a makeup artist for Mary Kay.
- Purples electrify green eyes, but should be avoided by anyone with dark under-eye circles.
- Dark purple eyeliner is a stunning alternative to basic black or brown.

Bright colors require some confidence, but don't be intimidated by them. Although the color may look extreme, the textures are quite sheer. Start simple and build up the intensity to get the look you desire.

-LUIS CASCO, MAKEUP ARTIST FOR MARY KAY



FAST TIMES CALL for A FAST
DRYING CLEAR GEL.

Clear protection that feels dry in seconds.



Choose your color focus—eyes or lips

ON EYES

- One bright eye shadow is all the color you need. Sweep it over the lid, and stop at the crease. Finish the look with charcoal or brown eyeliner and black mascara.
- If neutral colors are more your thing, stick with a taupe eye shadow, but play it up by lining your eyes with a colored eye pencil in blue, green, or purple.

ON LIPS

- Bright colors emphasize dry patches. Scrub away dry skin on lips, then remoisturize before applying lipstick.
- Avoid heavy-handed color by applying lipstick to the bottom lip, then pressing lips together and using your finger to distribute the color. Set with a matching lip pencil.

For your lips

BRIGHT PINK

- Looking pretty in pink is as easy as selecting the right tone for you.
- Bright, bubble gum shades are the most complementary to lighter complexions with a pink undertone.
- Those with darker skin tones can opt for magenta.
- Avoid frosted formulas or ones with too much shimmer.

TRY Laura Mercier Azalea Stick Gloss, \$20; Bourjois Sweet Kiss in Rose Paré, \$15; Revlon Pink About It Matte lipstick, \$8.

PURPLE

- "Surprisingly, purple lipstick looks great on women with bright red hair, light skin, and freckles. Even better than a classic red," says Casco.
- For all others, the usual rules apply: Those with light skin tones should wear softer shades of lavender; darker tones can wear more vibrant violet or orchid hues.
- A very slight silver or gold sparkle (not a frost) makes this shade even easier to wear.
- **TRY** Shiseido RS320, \$25; Mary Kay Hibiscus, \$13.

CORAL

- Coral lipsticks are fun, tropical-feeling, and a great look for summer. They look beautiful on bronzed or olive skin.
- Always pair them with a peach-tone blush.
- Blondes and fairer complexions look best in softer apricot lip glosses that don't read too orange on the skin.
- The right coral shade can really make green eyes come alive.

TRY Clarins Papaya \$24; Shiseido OR 418, \$25.

RED

- The classic red lip is a showstopper. There's no reason to shy away from this shade even if you think it's too dramatic for you.
- Work with the color of your lips: If they're pale, look for a cherry-red lipstick. Naturally reddish lips can pull off a fire-engine red. Dark lips look best in a brown-red.
- Sheer reds aren't as serious and make this vivid tone more wearable.
- **TRY** Chanel Gipsy Scarlet, \$29; Bourjois Sweet Kiss in Rouge sur Mesure, \$15.

Ground Rules

EXPERIMENT

Try orange gloss over pink lipstick. Or purple over red. You may just come up with the perfect punch of color for you.

RESIST

Blue eyes + blue eye shadow + blue mascara is excessive. Edit yourself.

GO LIGHT

Heavy foundation coupled with bright color can look clownlike. Switch to a sheer foundation or tinted moisturizer.

TAME

If an eye color is too saturated, apply it using your finger or a fluffy brush to diffuse the pigments.

BALANCE

Blush is absolutely necessary when wearing bright colors. It pulls your look together.





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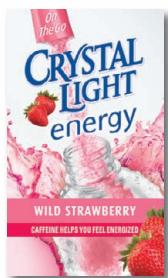


color your world at upumpitup.com

take water for a spin

And give your body a boost with Crystal Light Energy Wild Strawberry. Luscious fruit flavor, B vitamins and caffeine. With just 5 calories.

**make a delicious change
pump it up**





It's only natural

Celebrate Earth Day this month with makeup that allows you to be colorful and green at the same time.



ROCK IT No more flat colors. Swirl your brush through Pür Minerals Pür Rocks for multidimensional cheek color, \$23.

GREEN EYES Boost lashes with Physicians Formula Organic Wear mascara. It's completely natural, formulated without harsh chemicals, parabens, synthetic colors, or scent—even the tube and brush are recyclable; \$10.

THE DAILY GRIND Hate the mess of loose powder? Elizabeth Arden's ingenious Pure Finish Mineral Powder Foundation SPF 20 compact contains a built-in grinder that shaves off the makeup you need—and eliminates waste; \$38.

FADE OUT L'Oréal EverPure's sulfate-free shampoos, conditioners, and treatments cleanse and protect colored hair without the chemicals and salts that can strip and dull color; \$7-\$9.

A Gloss-ary

Get a fresh, outdoorsy look with vibrant, juicy color that's super-easy to wear.

FRUIT PUNCH

JK Jemma Kidd Air Kiss lipgloss in Poser bridges the gap between fashion runway and reality; \$16.



HIGH GLOSS

MAC Lipglass in Live and Dye boasts high shine with a glass-like finish; \$14.



THINK PINK

Smashbox Muse Lip Paint in Virtuoso has a creamy consistency that makes it comfortable to wear; \$21.



BERRY BRIGHT

Flirt Plushious Liquid Velvet Lipcolor in Purple Passion combines the feel of a gloss with the look of lipstick; \$10.



BALM-SHELL

Youngblood Promiscuous is a sheer red-pink lipgloss that's mineral-based; \$21.



PEACHY KEEN

Sonia Kashuk Hydrating Lip Balm with SPF 14 in Dainty keeps lips soft and sun-safe; \$8. ☀





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BY JOANNA SMITH
PHOTOS REED DAVIS
STYLING MICHAEL WALTERS

Moment of Conversion

A cross-country move sparks a big change in the way this family lives—and decorates.





Everything in Ashley and Ward Waltemath's living room is child-friendly: A jute area rug barely shows wear and hides crumbs, and the armchairs are fitted with washable slipcovers. "I really have nothing here the kids could destroy," Ashley says.

Mary Harriet, 6, at the Waltemaths' front door, opposite, after a walk.

Ashley updated her traditional style to reflect the open feel of her family's California condo. Even the trio of small coffee tables look light as air. They're easily moved to give the kids room to play.

The entire family regularly piles on Ashley and Ward's bed, opposite, for story time. From left: Mary Harriet, 6; Carole, 2; Ward; Ashley; and Madeline, 9 (son Edward was born in October).





A move from Nashville to San Francisco spurred more than one change for Ashley and Ward Waltemath.

In addition to getting a new ZIP code, they went from rearing two kids in a roomy ranch to sharing a two-floor condo with four children.

"We had a very traditional home in Nashville," Ashley says. "I used lots of toile, more masculine khakis and reds, and I stuck with a French antiques theme." But the family's move west gave Ashley a craving for a lighter look. "I wanted a fresh take on traditional, something that didn't feel too expected or dated," she says. "I realized I could move outside the box a little and still be traditional at heart."

Now, pale colors rule—butter yellow in the living room, grape green in the dining room, and pastel aqua and pink in the girls' rooms. She stuck to subtle patterns and simple lines, parting with her more fragile antiques and updating what remained. "I didn't want to fill the whole house with precious furniture and not have any space for my kids," she says.

As the Waltemaths' decorating style evolved, so did their attitude toward environmentalism. The couple teach their children simple habits to lessen their impact, such as separating trash for recycling and composting, and walking to complete nearby errands. "We try to make it fun," Ashley says. "We can make a difference, even if it's just a tiny one."



"I really believe that by using old furniture rather than bringing in all new, we are making an impact on the environment," Ashley says. She stained and re-covered the chairs in the dining room, *this page* and *opposite*, which were hand-me-downs from Ward's mother.

The Waltemaths added only tailored fabric shades to the kitchen, *far right*, when they moved in—it was already remodeled to include the kitchen bar that the three girls pull up to daily for snacks.





Their Green Life

The Waltemaths made the choice to live in a walkable neighborhood in the middle of a city; a grocery store, bookstore, and pharmacy are all a few blocks away. But most families everywhere can adopt their green habits.

LAUNDRY Ashley uses only nontoxic, biodegradable detergent.

ENERGY In the summer, the Waltemaths open all the windows to let in cooling breezes. And everybody is responsible for turning off lights when they leave a room.

EAT Ashley finds buying all organic food to be too expensive. But she is willing to spend a little more on organic items, such as milk and produce with delicate skins, that she considers most susceptible to chemicals used in farming and processing. Check out eug.org for more information on organic choices.

DRINK The entire family totes reusable water bottles instead of one-use plastic ones.

PLAY The Waltemaths regularly walk to neighborhood parks. "We want our kids to be as apt to choose the sidewalk as the minivan," says Ashley.



This page, clockwise from top left: Ecru walls and white bedding let the headboard (Ashley's favorite part of the master bedroom) stand out. "The fabric made everything a little bit more young and updated," she says. She put a new sink in the bathroom when they moved in, but her only other touch was the large-scale orchid wallpaper. "I just wanted to make it fun and fresh," she says. "The wallpaper made me feel like I was getting an upgrade." Carole's room is outfitted with organic bedding and a secondhand dresser from an estate sale in Nashville.

Opposite: High-dollar and retail finds mix smartly in the girls' bedroom. Ashley invested in custom window treatments and bedcovers, and chose less-expensive options for the furniture at kid-level: the Pottery Barn beds, a table from Pier 1, and a lamp base from Target. ☺

For buying information see page 232.



**"I'm a traditionalist at heart.
I just like more simple traditional—my rooms
have to be functional but stylish."**

ASHLEY WALTEMATH

Garden Revival

A renovated landscape's cottagey beds brim with flowers—and vegetables.

BY ERIC LISKEY PHOTOS LAURIE BLACK PRODUCED BY LAURALEE WENGER



With sports-minded children who loved room to run, Marion and Steve Ekberg had little space to indulge in gardening, instead devoting most of their yard to lawn plus a small patch for vegetables. As the kids grew up, however, they relinquished their grip on the yard and Steve and Marion laid claim again, filling it with cottagey, picket-fence style.

The Seattle-area site already had good “bones,” boasting a mix of mature trees with an understory ideal for shade-loving plants. The couple took advantage by planting rhododendrons, hostas, hydrangeas, and many other favorites under the protective canopy.

Steve and Marion Ekberg, above, built a fence, arbors, and paths for cottage character. They use boxwood, right, to bring order to their otherwise-informal garden.





“Picket fences definitely complement cottage style, but there is such a thing as too many pickets.”

MARION EKBERG



Aside from trees, however, the property offered little structure. So the couple added arbors, brick paths, and a white picket fence—icons of cottage garden style. Additional structure was gained with boxwood hedges, which they planted in many of the flowerbeds. Though traditionally a mark of formal design, boxwoods blend well with the otherwise informal garden.

The Ekbergs never lost their passion for growing vegetables, and the renovated garden offers many new areas in which to use them. “I love the way edibles pull people into the garden,” says Marion. “And it’s great fun to grab a handful of berries while weeding.”

Steve built a “popsicle stick arbor,” above, as a gateway to the rhododendron garden. Purple-flowered allium, left, stands out against a white picket fence.





Beautifully delicious

The Ekbergs integrate vegetables into their landscape wherever they can. Some ideas to borrow from their garden:

Let them out of the box

Herbs, greens, chives, and many other vegetables are attractive and needn't be separated from the rest of the landscape. "We tuck fruits and vegetables in many areas of the garden," says Marion.

Choose color

Vegetables come in varieties that are much more ornamental than standard types. Check seed catalogs and garden centers for colorful types of chard, peppers, eggplant, and lettuce.

Grow what works

The Ekbergs avoid vegetables that need pampering. "At first, we tried a large variety to see which survived in our yard. From the survivors, we only grow the ones we use the most in our cooking," says Marion.



Vegetable beds blend perfectly into cottage gardens, especially with accents such as bee skeps and armillaries, above. Even raised beds, left, can add flair when colorful ornamentals and structures are added. ☺

For buying information see page 232.

Room for Everything

At Greg and Suzanne Lukosky's home, the living room is for living. Kids run in and out, flop on the sofas, and gather around the coffee table for games. **5 smart design solutions** put pretty and practical hand in hand.

BY AMY PANOS PHOTOS REED DAVIS PRODUCED BY ANDREA CAUGHEY





PLENTY OF COMFORTABLE SEATING pulled into a cozy U-shape arrangement makes the living room, *opposite*, a magnet for the whole family. "We use this room every day, all day long," says Suzanne. The casual, deep-seated wicker chairs around the dining table are also made for hanging out.

EASY-CARE MATERIALS stand up to the everyday activities of a family of five. The sofas are covered with washable linen slipcovers and paired with a can't-be-hurt outdoor table made of zinc. Outdoor fabric on the dining chair cushions is kid-proof.



STORAGE THAT'S BOTH OPEN AND CLOSED allows Suzanne to display attractive accessories (1) and hide the inevitable clutter. A built-in cabinet next to the fireplace houses the TV (4), putting the screen at a good viewing height from the sofas without making it a focal point.

LOW-MAINTENANCE ACCENTS are key to Suzanne's less-is-more decorating approach. Succulents (5), orchids, pottery bowls, woven baskets, and sea-glass lanterns (3) are simple tabletop dress-ups. Sturdy reproduction armchairs (2) with simple cotton cushions add style without the fuss of antiques. The large rough-hewn wood coffee table is a worry-free spot for putting your feet up or hosting family game night.

MULTIFUNCTION BUILT-IN DESKS, opposite, serve as a home office, homework center, and central computer station where Suzanne can keep an eye on its use. ☺



vegetable plates

Welcome spring with **main dishes** that are light on meat but full of **lively flavor** and green, crunchy, **good-for-you ingredients.**



GOLDEN GREEN
PAELLA



Paella is a one-pan feast from Spain. Our spring version includes chopped shrimp, sugar snap peas, and sweet peppers, opposite. Brown rice—instead of the traditional white—gives it whole-grain healthfulness.

For a fresh spin on meat-and-potatoes dinner try this quick braise with asparagus, new potatoes, mushrooms, carrots, and a couple of chicken thighs for flavor.

Recipes begin on page 192.

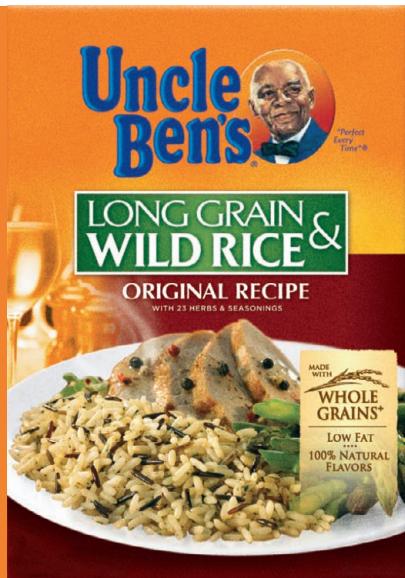
**TENDER-CRISP
SPRING BRAISE**

Can **these dishes** fill up your hungriest family members? High in fiber and “good” fat, the recipes are **as satisfying** as any of your favorite mealtime mainstays.



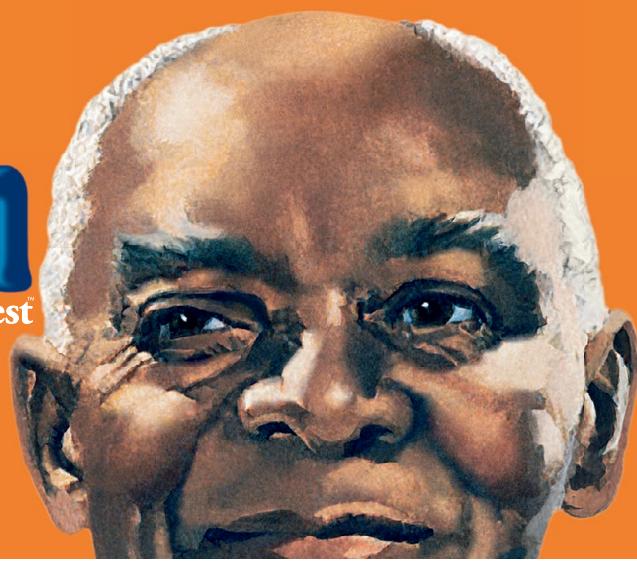
ORZO-STUFFED
PEPPERS WITH FETA
AND MINT

Filled with pasta, herbs, and a bit of Italian sausage for big flavor, the peppers are simmered in carrot juice to enhance their natural sweetness.



“When life hands you lemons, squeeze one over
fish with my Long Grain & Wild Rice.”

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knows best™



VEGETABLES, BEEF,
AND COUSCOUS



Cumin, cinnamon, and ginger coat beef cubes in this Moroccan-inspired skillet dinner. Dried cherries and apricots soak up garlicky pan juices.



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Choosy moms choose Jif. Naturally.





GREEN
VEGGIE GUIDE
PAGE 192

These recipes are
versatile enough
for lunch, dinner, or
a leisurely brunch.



FOLD BACK SO
"A" MEETS "B"

A

FOLD BACK SO
"B" MEETS "A"

AN ENTIRE NOURISHING SERVING OF VEGGIES! IN JUST ONE BOWL!

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A

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food

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Spring Brunch

Wake up your Easter morning with bright, savory-sweet dishes that are as fresh and new as the season.

BY ERIN SIMPSON PHOTOS ANDY LYONS FOOD STYLING JILL LUST



BREAD PUDDING QUICHE
WITH BERRIES & BACON

Recipe on page 166



BREAD PUDDING QUICHE WITH BERRIES & BACON

With flavors of French toast, this quiche has a cinnamon bread crumb crust. Bake the crust the day before and store at room temperature.

PREP: 40 MIN. BAKE: 64 MIN. COOL: 15 MIN.

OVEN: 300°F/375°F/325°F

- 7 to 8 slices cinnamon swirl bread cut in $\frac{1}{2}$ -inch cubes (about 5 cups)
- $\frac{1}{3}$ cup butter, melted
- 5 eggs
- 1 $\frac{1}{2}$ cups milk
- 1 $\frac{1}{2}$ cups finely shredded Gruyère cheese (6 oz.)
- 2 tsp. all-purpose flour
- $\frac{3}{4}$ cup chopped cooked ham
- $\frac{1}{2}$ cup chopped green onions
- 2 cups assorted fresh berries
- 4 slices bacon, crisp-cooked, drained, and broken in large pieces

1. Preheat oven to 300°F. Spread bread cubes in single layer on large ungreased baking sheet. Bake 10 to 15 minutes or until dry. Set aside 1 cup of the cubes.
2. For crust, place remaining bread cubes in food processor. Cover and process until reduced to fine crumbs. With food processor running, pour in melted butter until combined (mixture will be crumbly).
3. Increase oven to 375°F. Press crumb mixture onto bottom and $1\frac{1}{2}$ inches up sides of ungreased 9-inch springform pan or onto bottom and up sides of 10-inch quiche dish. Bake 4 to 5 minutes or until lightly browned; cool. Reduce oven to 325°F.
4. In medium bowl whisk together eggs and milk. In small bowl toss together cheese, flour, and $\frac{1}{4}$ teaspoon each salt and pepper. Add to egg mixture. Fold in



reserved bread cubes, ham, and green onions. Pour into prepared crust.

5. Bake 50 to 60 minutes or until knife inserted near center comes out clean. If necessary, after 30 minutes tent with foil to prevent overbrowning. Cool on wire rack 15 minutes. Remove sides of springform pan, loosening sides with a knife if necessary.
6. To serve, top with assorted mixed berries and bacon pieces. **MAKES 8 SERVINGS.**

EACH SERVING 366 cal, 23 g fat (12 g sat. fat), 191 mg chol, 725 mg sodium, 23 g carbo, 3 g fiber, 18 g pro. Daily Values: 16% vit. A, 16% vit. C, 35% calcium, 13% iron.

FAST! HERB SALAD WITH CREAMY LEMON DRESSING

START TO FINISH: 20 MIN.

- Finely shredded peel and juice from 2 medium lemons
- 3 cloves garlic, minced

- 2 tsp. Dijon-style mustard
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{2}$ cup sour cream
- 2 to 3 medium heads butterhead lettuce, torn, or 6 to 8 cups mixed baby salad greens
- 1 $\frac{1}{2}$ cups assorted fresh herbs, such as chives, basil, parsley, or mint, torn
- 12 to 16 radishes, thinly sliced

1. For dressing, in bowl combine lemon peel and juice, garlic, mustard, and $\frac{1}{4}$ teaspoon each salt and pepper. Slowly whisk in oil until thickened. Whisk in sour cream.

- 2.** Toss together lettuce and herbs; transfer to serving platter. Top with sliced radishes; pass dressing. **MAKES 6 TO 8 SERVINGS.**

EACH SERVING (WITH 3 TBSP. DRESSING)

215 cal, 22 g fat (5 g sat. fat), 7 mg chol, 161 mg sodium, 5 g carbo, 1 g fiber, 2 g pro. Daily Values: 64% vit. A, 51% vit. C, 7% calcium, 10% iron.



PICTURE PERFECT

To get rippled slices of bacon to top the quiche (see page 165), lay bacon in wavelike fashion on a wire rack set on a baking pan. Bake at 400°F 15 to 18 minutes or until bacon is crisp; cool.

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CRISP CORNMEAL SCONES

These nibble-size scones are easy to mix—instead of cutting in the butter, just shred it on a grater and toss it in (see box, below).

PREP: 15 MIN. BAKE: 12 MIN. OVEN: 425°F

2	cups all-purpose flour
1	cup yellow cornmeal
2	Tbsp. granulated sugar
1½	tsp. baking powder
½	tsp. salt
½	cup cold butter, coarsely shredded (see tip box, below) or cubed
1	cup buttermilk
Buttermilk	
Coarse sugar	

1. Preheat oven to 425°F. In large bowl whisk together flour, cornmeal, granulated sugar, baking powder, and salt.
2. Add shredded butter to flour mixture; toss to distribute. (Or cut cubed butter into flour mixture with pastry blender until it resembles coarse crumbs). Make well in center of flour-butter mixture. Add 1 cup buttermilk; stir with spoon until moistened. Do not overmix. (If dough appears dry, add 1 to 2 tablespoons additional buttermilk.)
3. Turn dough out onto floured surface. Gently knead by lifting and folding dough, 4 or 5 times, giving a quarter turn after each knead. Roll into 8-inch square, $\frac{3}{4}$ inch thick. Cut into $1\frac{1}{2}$ - to 2-inch squares. Place squares 1 inch apart on ungreased baking sheet. Brush with buttermilk; sprinkle coarse sugar. Bake 12 to 15 minutes or until lightly browned; cool scones on a rack. Serve warm. **MAKES 16 TO 25 SCONES.**

EACH SCONE 155 cal, 6 g fat (4 g sat. fat), 16 mg chol, 165 mg sodium, 24 g carbo, 1 g fiber, 3 g pro. Daily Values: 4% vit. A, 5% calcium, 6% iron.

SHREDDING BUTTER Freeze butter for 15 minutes. Using a grater, coarsely shred the cold butter. Toss into flour mixture or refrigerate, loosely covered, until needed.

SWEET TOMATO JAM

Sharp tomatoes, cooked down with sugar and a hint of spices, soften into a sweet, spreadable jam.

PREP: 10 MIN. COOK: 35 MIN. COOL: 1 HR

1	lb. plum tomatoes, coarsely chopped (3 cups)
½	lb. red and/or yellow cherry or grape tomatoes, halved ($1\frac{3}{4}$ cups)
½	cup sugar
½	tsp. ground cinnamon
¼	tsp. crushed red pepper (optional)

1. In saucepan combine tomatoes, sugar, cinnamon, and crushed red pepper. Bring to boiling, stirring often. Reduce heat; cook, uncovered, over medium-low for 35 minutes or until thickened, stirring occasionally. Remove from heat. Transfer to a bowl; cool. Serve or store covered in refrigerator up to 3 days. **MAKES EIGHT $1\frac{1}{4}$ -CUP SERVINGS.**

EACH SERVING 64 cal, 0 g fat (0 g sat. fat), 0 mg chol, 4 mg sodium, 16 g carbo, 1 g fiber, 1 g pro. Daily Values: 13% vit. A, 18% vit. C, 1% calcium, 1% iron. ☺

**No-Fuss Ham**

A quick stir-together glaze gives ham a flavorful finish and is easy to customize.

CHUTNEY GLAZED HAM Start with a 3 to 4 lb. boneless cooked ham and roast in a 325°F oven for 1 ½ hours. Stir together a 9-oz. jar of mango chutney (snip any large pieces of fruit with scissors), 2 tablespoons of honey, and 1 tablespoon of coarse-ground mustard. Spoon some of the glaze over ham. Return to oven for 15 minutes more (ham should reach 140°F). Serve with remaining glaze and, if you prefer, roasted asparagus.

GLAZE ADD-INS Try chopped fresh mint, horseradish, crushed peppercorns, grated ginger, ground cloves, drained and chopped chipotle peppers, or shredded citrus peel.



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Campbell believes quality ingredients are grown from the ground up—and make truly delicious soup. Whenever possible, we source our ingredients from farmers located within 100 miles of where our soups are prepared. We have relationships with many family farms that go back for generations, and we work closely with farmers across America to develop sustainable agricultural practices. Campbell even

endowed a university professorship to support sustainable agriculture research, education, and outreach. Our commitment to high-quality, farm-grown vegetables is not the only reason why *Campbell's*® condensed soups taste so delicious: To pack each can with such wholesome goodness, we don't boil our soups down. Our chefs simply add less water from the start; that way our soups are full of flavor, not water.



Get FREE *Campbell's* tomato seeds when you buy *Campbell's* condensed soup

We care deeply about the quality of the ingredients in our soups—right down to the seed. In fact, we started our own seed business generations ago. Now you can get seeds we use for growing tomatoes. Your request will help Campbell donate seeds to plant gardens in communities and schools across America.

Visit HelpGrowYourSoup.com/garden to request your free *Campbell's* seeds and to learn more.

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Allow 8 weeks for handling and delivery. © 2009 CSC Brands LP

Tips For Planting Your Seeds

- 1 Be sure to give the seedlings room to branch out. Leave 24-36" between each seed in the garden, allowing each plant to get enough nutrients.
- 2 Tomato seedlings will need strong, direct sunlight. Plant your tomatoes in the sunniest part of your garden.
- 3 Be sure to provide an adequate amount of water every single day, and slowly decrease the amount of water as you get closer to harvest season.



*B*efore it's our soup,



it's our seeds.

You may think of us as the Campbell Soup Company, but we're also a seed company. For over 70 years, we've painstakingly cultivated seeds for tomatoes that go into our delicious tomato soup. All because we believe a quality soup is made from the ground up.

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Campbell's

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If you find anything else
inside our bag, it's called your hand.

Just potatoes, all natural oil & a dash of salt.



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Per 1 oz serving. All TMs owned by Frito-Lay North America, Inc. © 2009.

1

MENU Pecan-Crusted Sliders
START TO FINISH 25 minutes
BUDGET \$2.08 per serving



Weeknight Winners

Hurried, hungry family? Serve supper quick. Pick from these five fresh and tasty dishes.

BY PEG SMITH PHOTOS ANDY LYONS RECIPES AND FOOD STYLING JILL LUST

PECAN-CRUSTED SLIDERS

- 12 oz. pork tenderloin, sliced crosswise in 8 pieces
- 1 egg
- 2 Tbsp. honey
- 1 cup finely chopped pecans
- 2 Tbsp. cooking oil
- 1 small green apple
- 1½ cups shredded broccoli (broccoli slaw)
- ¼ cup mayonnaise
- 8 small buns or dinner rolls, split
- Dijon-style mustard (optional)

1. With palm of hand flatten pork slices to ¼ inch thickness. In shallow dish whisk together egg and 1 tablespoon of the honey. In another shallow dish combine chopped nuts, 1 teaspoon *salt*, and ½ teaspoon ground *black pepper*. Dip pork in egg mixture then nut mixture, pressing to coat.
2. In 12-inch skillet heat oil over medium-high heat. Cook pork in hot oil 2 to 3 minutes per side, or until golden and slightly pink in centers.
3. Meanwhile, for slaw, quarter apple, remove core and seeds; thinly slice. In bowl combine apple, shredded broccoli, mayonnaise, and 1 tablespoon honey. Season with *salt* and *pepper*. For sliders, place pork on buns or rolls; top with slaw. Pass mustard. **MAKES 4 SERVINGS (TWO SLIDERS EACH).**

EACH SERVING 694 cal, 44 g fat (6 g sat. fat), 115 mg chol, 1,029 mg sodium, 49 g carbo, 5 g fiber, 29 g pro. Daily Values: 21% vit. A, 49% vit. C, 15% calcium, 23% iron.



Explore the flavor™



A homemade dish deserves only the most sensational flavor.

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Ingredients:

- 2 pounds medium plum tomatoes (10-12), halved lengthwise
- 1/2 cup olive oil, divided
- 2 cloves garlic, minced
- 1 tbsp. McCormick® Gourmet Collection™ Italian Seasoning
- 1/2 tsp. McCormick® Gourmet Collection™ Crushed Red Pepper
- 1/2 tsp. McCormick® Gourmet Collection™ Sicilian Sea Salt
- 1/4 tsp. McCormick® Gourmet Collection™ Coarse Grind Black Pepper
- 8 ounces pasta, such as spaghetti

Directions:

PLACE tomato halves, cut-sides up, in foil-lined 15"x10"x1" pan sprayed with no stick cooking spray. Mix 1/4 cup oil, garlic and seasonings in small bowl. Spoon over tomatoes. Drizzle with 2 tablespoons of the remaining oil.

ROAST in preheated 400°F oven 45 to 60 minutes until tomatoes are soft and browned on top.

PREPARE pasta as directed on package. Drain well. Place 1/2 of the roasted tomatoes and remaining 2 tablespoons oil in large bowl. Coarsely mash tomatoes. Add pasta and remaining tomatoes; toss to mix well. Sprinkle with shredded Parmesan cheese and additional crushed red pepper, if desired.

2

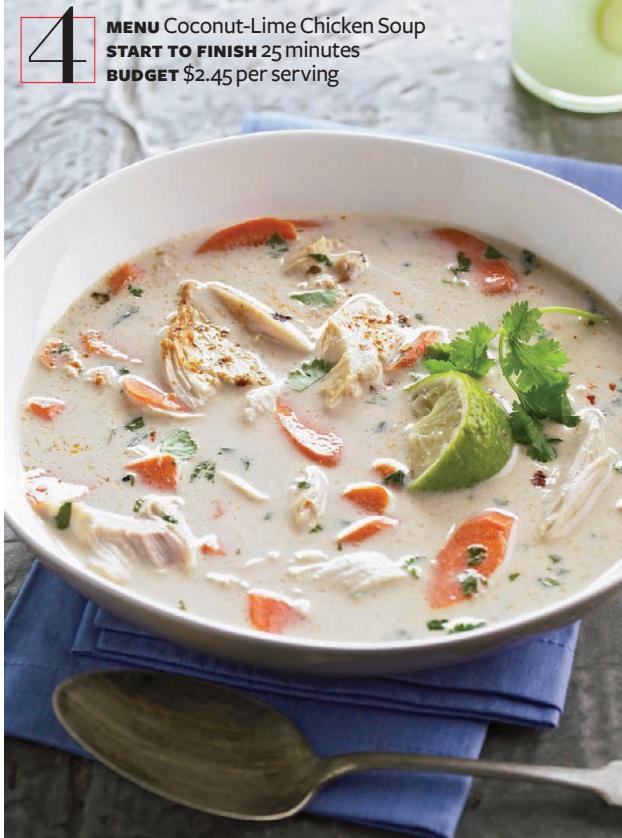
MENU Black Bean Cakes with Salsa
START TO FINISH 25 minutes
BUDGET \$1.60 per serving

**3**

MENU Mediterranean-Style Snapper
START TO FINISH 15 minutes
BUDGET \$3.71 per serving

**4**

MENU Coconut-Lime Chicken Soup
START TO FINISH 25 minutes
BUDGET \$2.45 per serving

**5**

MENU Ravioli-Vegetable Stacks
START TO FINISH 25 minutes
BUDGET \$3.92 per serving



MEDITERRANEAN-STYLE SNAPPER

- 8 small cloves garlic
- $\frac{1}{2}$ a 6.5-oz. jar oil-packed dried tomato halves with herbs ($\frac{1}{3}$ cup)
- $\frac{1}{2}$ cup pitted mixed green olives
- 4 5-to 6-oz. red snapper fillets or other firm-flesh white fish
- $\frac{1}{4}$ cup crumbled feta cheese
- Fresh oregano leaves (optional)
- Pepperoncini (optional)



1. Peel garlic cloves. With side of wide knife smash garlic. For cooking oil, drain 1 tablespoon oil from dried tomatoes; heat the oil in extra-large skillet. Add tomatoes, olives, and garlic to hot oil. Cook 2 to 3 minutes, until garlic is golden. Use slotted spoon to remove tomato-olive mixture. Reserve oil in skillet to cook fish. Set aside tomato-olive mixture.
2. Rinse and pat dry fish. Season with *salt* and *pepper*. Cook fish, skin side down, in hot oil 4 to 6 minutes for each $\frac{1}{2}$ inch thickness of fish or until skin is golden and crisp and fish flakes easily when tested with a fork, turning once halfway through cooking. Remove skin, if desired.
3. To serve, top fish with tomato-olive mixture, cheese, fresh oregano, and pepperoncini. **MAKES 4 SERVINGS.**

EACH SERVING 245 cal, 9 g fat (3 g sat. fat), 61 mg chol, 808 mg sodium, 8 g carbo, 1 g fiber, 32 g pro. Daily Values: 11% vit. A, 47% vit. C, 13% calcium, 7% iron.

RAVIOLI-VEGETABLE STACKS

- 1 lb. frozen sausage- or meat-filled ravioli
- 2 small zucchini
- 4 plum tomatoes, thinly sliced
- 3 Tbsp. olive oil
- $\frac{1}{2}$ cup small fresh basil leaves
- 1 8-oz. pkg. shredded Italian-blend cheese (2 cups)
- Fresh basil (optional)



1. Preheat oven to 425°F. Cook ravioli according to package directions. Trim and lengthwise slice zucchini. Add zucchini to ravioli during the last 3 minutes of cooking time. Drain, but do not rinse.
2. Thinly slice tomatoes. In 2-quart square baking dish layer half the tomato slices. Drizzle 1 tablespoon of the oil. Sprinkle half the basil. Using tongs, layer half the ravioli and sprinkle half the cheese. Layer zucchini slices; drizzle 1 tablespoon oil. Layer remaining ravioli, basil, cheese, and tomatoes; drizzle remaining oil. Season with *salt* and ground *black pepper*.
3. Bake, uncovered, 9 to 10 minutes or until cheese is melted and begins to brown. To serve, cut in squares; sprinkle with fresh basil. **MAKES 4 SERVINGS.**

EACH SERVING 571 cal, 33 g fat (12 g sat. fat), 114 mg chol, 1,258 mg sodium, 48 g carbo, 8 g fiber, 29 g pro. Daily Values: 34% vit. A, 53% vit. C, 49% calcium, 18% iron.

BLACK BEAN CAKES WITH SALSA

- $\frac{1}{2}$ cups prepared salsa
- 1 jalapeño pepper
- 2 15-oz. cans black beans, rinsed and drained
- 1 8.5-oz. pkg. corn muffin mix
- 1 Tbsp. chili powder
- 2 Tbsp. olive oil
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ tsp. chili powder



1. In colander drain $\frac{1}{2}$ cup of the salsa. Seed and finely chop half the jalapeño; thinly slice remaining half. In large bowl mash beans with vegetable masher or fork. Stir in muffin mix, drained salsa, $2\frac{1}{2}$ teaspoons chili powder, and chopped jalapeño.
2. In 12-inch skillet heat 1 tablespoon oil over medium-high heat. Add four $\frac{1}{2}$ -cup mounds bean mixture to skillet. Flatten mounds with spatula to $3\frac{1}{2}$ -inch-round cakes. Cook 3 minutes each side until browned. Remove from skillet. Repeat with remaining oil and bean mixture.
3. In bowl combine sour cream and $\frac{1}{2}$ teaspoon chili powder. Top cakes with remaining salsa, sliced jalapeño, and seasoned sour cream. **MAKES 4 (2-CAKE) SERVINGS.**

EACH SERVING 519 cal, 19 g fat (4 g sat. fat), 11 mg chol, 1,553 mg sodium, 79 g carbo, 12 g fiber, 20 g pro. Daily Values: 21% vit. A, 8% vit. C, 13% calcium, 24% iron.

COCONUT-LIME CHICKEN SOUP

- 1 2- to $2\frac{1}{2}$ -lb. deli-roasted chicken
- 1 15-oz. can unsweetened coconut milk
- 2 cups water
- $\frac{1}{4}$ cup lime juice (2 medium limes)
- 3 medium carrots, thin-sliced diagonally (about $1\frac{1}{2}$ cups)
- 1 Tbsp. soy sauce
- 2 tsp. Thai seasoning blend
- $\frac{1}{4}$ tsp. salt
- Thai seasoning blend (optional)
- Fresh cilantro (optional)
- Lime wedges (optional)



1. Remove and discard skin and bones from chicken. Shred chicken. In large saucepan combine shredded chicken with coconut milk, water, lime juice, sliced carrots, soy sauce, the 2 teaspoons Thai seasoning, and salt. Bring to boiling; reduce heat and simmer, covered, 8 minutes or until carrots are crisp-tender.
2. To serve, sprinkle bowls of soup with additional Thai seasoning and cilantro. Pass lime wedges. **MAKES 4 SERVINGS.**

EACH SERVING 487 cal, 38 g fat (24 g sat. fat), 125 mg chol, 1,437 mg sodium, 11 g carbo, 1 g fiber, 29 g pro. Daily Values: 153% vit. A, 12% vit. C, 2% calcium, 17% iron.

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←———— UNDER \$2 PER SERVING. —————→

DOESN'T YOUR BUDGET DESERVE A WARM FEELING, TOO?



EASY CHICKEN BAKE

prep: 10 min. bake: 30 min.

► what you need.

1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken
1-1/2 lb. boneless, skinless chicken breasts, cut
into 1-inch pieces
1 can (10-3/4 oz.) condensed cream of chicken soup
1/3 cup BREAKSTONE'S or KNUDSEN Sour Cream
1 bag (16 oz.) frozen mixed vegetables, thawed, drained

► make it.

PREHEAT oven to 400°F. Prepare stuffing mix as directed on package; set aside.
MIX chicken, soup, sour cream and vegetables in a 13x9-inch baking dish; top with the stuffing.
BAKE 30 minutes or until chicken is cooked through.
Makes 6 servings.



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PHILADELPHIA DOUBLE CHOCOLATE CHEESECAKE

PREP TIME: 20 min. plus refrigeration • makes 16 servings

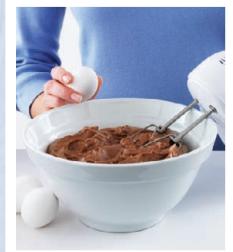
24 OREO cookies, crushed (about 2 cups)
1/4 cup (1/2 stick) butter or margarine, melted
4 pkg (8 oz. each) PHILADELPHIA Cream Cheese, softened
1 cup sugar
2 Tbsp. flour

1 tsp. vanilla
1 pkg. (8 squares) BAKER'S Semi-Sweet Chocolate
melted, cooled
4 eggs
1/2 cup blueberries

HEAT oven to 325°F.
Mix crumbs & butter;
press onto bottom of
13x9-pan lined with
foil. Bake 10 min.



BEAT cream cheese,
sugar, flour & vanilla
with mixer until blended.
Add chocolate; mix well.
Add eggs, 1 at a time,
mixing on low after each,
just until blended.
Pour over crust.





BERRY CHEESECAKE PARFAITS

PREP TIME: 15 min. • makes 8 servings

1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
1½ cups cold milk
1 pkg. (3.4 oz.) JELL-O Vanilla Flavor Instant Pudding
1½ cups thawed COOL WHIP Whipped Topping, divided
24 NILLA Wafers, coarsely chopped
1½ cups seasonal berries

BEAT cream cheese with mixer until creamy. Gradually beat in milk. Add dry pudding mix; mix well. Whisk in 1 cup COOL WHIP.

LAYER half each of wafers, berries and pudding mixture in 8 parfait glasses. Repeat layers.

BAKE 45 min. or until center is almost set. Cool.

Refrigerate 4 hours. Use foil to lift cheesecake from pan. Top with berries.



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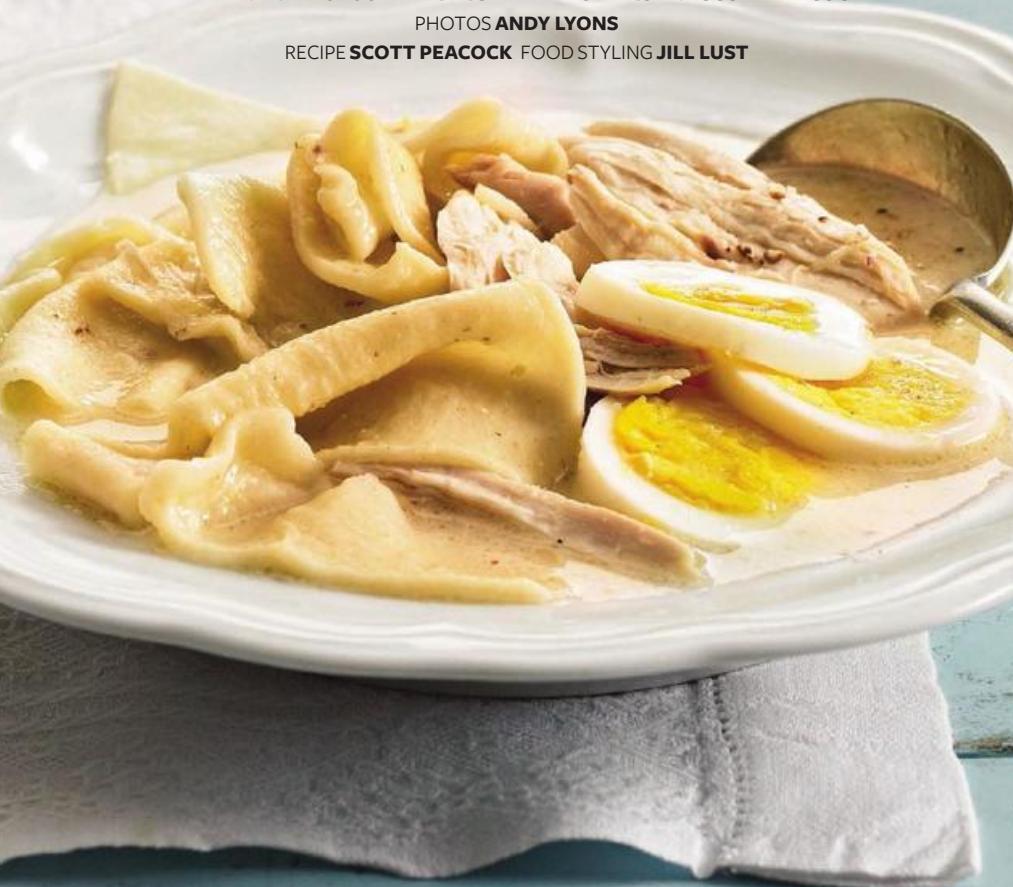
Chicken & Dumplings

Learn how chef Scott Peacock creates the silken chicken, flavorful broth, and billowy dumplings for his favorite homecoming dish.

WRITTEN AND PRODUCED BY **NANCY WALL HOPKINS** AND **SCOTT PEACOCK**

PHOTOS **ANDY LYONS**

RECIPE **SCOTT PEACOCK** FOOD STYLING **JILL LUST**



CLASSIC CHICKEN AND DUMPLINGS

PREP: 50 MIN. CHILL: 2 HR. COOK: 65 MIN.

1	egg
3	Tbsp. cold water
2	Tbsp. peanut oil
½	tsp. kosher salt
1	cup all-purpose flour
1	4- to 4½-lb. broiler-fryer chicken, quartered
1	tsp. kosher salt
5	cups chicken stock or broth
2	cups water
2	stalks celery halved crosswise
1	medium onion, peeled and sliced in half
3	hard-cooked eggs, sliced
2	Tbsp. cold butter, cut in ¼-inch cubes
¼	cup whipping cream
	Ground black pepper

1. For dumplings, in medium bowl whisk together egg, cold water, oil, and the ½ teaspoon salt. Stir in flour. Mix until well-blended and elastic. Cover. Refrigerate 2 hours.

2. Season chicken, including back and neck, with the 1 teaspoon salt. Set aside. In 6-quart Dutch oven combine chicken stock, water, celery, onion, and pinch of *kosher salt*. Bring to a boil. Add chicken pieces, placing leg quarters and backbone first. Place breast, skin side down, on top. Reduce heat to just below simmer. Cover, leaving half-inch opening.

3. Cook 30 to 45 minutes or until breasts are just done; remove. Continue cooking leg quarters 30 to 40 minutes until tender; remove chicken and vegetables. Set broth in pot aside. Discard vegetables. Set chicken aside. Cool. Remove skin. Pull meat from bones, tearing into large pieces. Set aside. Discard bones.

4. For dumplings, turn dough onto well-floured surface. Roll very thin, about 1/16 inch; cut in 1½- by 2½-inch pieces. Return broth to boiling. Season well with additional *kosher salt*. Add dumplings to broth, shaking pot occasionally. Do not stir. Cook 3 to 5 minutes. Add reserved chicken and egg. Reduce to simmer. Add butter, cream, and few grindings of black pepper. Cook 2 minutes. Remove from heat; cover. Let stand 10 minutes. **SERVES 8.**

EACH SERVING 655 cal, 35 g fat (12 g sat. fat), 309 mg chol, 955 mg sodium, 26 g carbo, 1 g fiber, 56 g pro. Daily Values: 10% vit. A, 4% vit. C, 7% calcium, 22% iron.

**“My dry cleaner says
high fructose corn syrup
is loaded with calories.”**

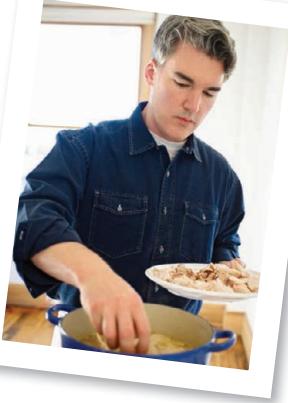
**“A registered dietitian
presses your shirts?”**



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...has ultra thin dumplings that easily fold and drape around the meaty chicken pieces.

...has a broth that is intensely flavored, barely thickened, and is well-seasoned with salt and pepper.

SCOTT PEACOCK, BH&G's American Classics expert, is executive chef at Watershed Restaurant in Decatur, Georgia, and was named Best Chef in the Southeast by the James Beard Foundation in 2007.

Learn more about making chicken and dumplings—as well as other American Classics from Scott Peacock—at [better.tv](#). For videos and more how-tos from Scott, log onto [BHG.com/americanclassics](#)



RELY ON FLOUR

The surface for rolling dumplings should be generously floured. "Roll the dough with a quick, light touch, flouring as needed, until very thin, less than $\frac{1}{16}$ th of an inch."

POACH FOR SUCCESS

Poaching the chicken makes for a richer, more intensely flavored final dish. "Onion and a bit of celery enhance and contribute to the flavor of the chicken without covering up and diluting the taste."



GLOPPY CAN BE GOOD

"The dough looks unpromising at first—sticky and elastic—and should be allowed to rest at least a half hour before rolling." Use regular all-purpose flour to make the dumplings. Unbleached flour yields a batter that is too sturdy, resulting in a less-tender dumpling.

GET COOL FIRST

Removing the chicken breasts from the poaching pot early prevents them from becoming stringy and tough. "It's important to allow all the chicken to cool before picking it into large pieces."



CUT QUICKLY

A pastry wheel or pizza cutter makes quick and orderly work of cutting the dumplings into equal sizes.

SHAKE, DON'T STIR

"To avoid sticking, shake the pot side to side from time to time. Stirring can break the dumplings."



"When you roll the dough thin enough, you should be able to almost see through the dumplings. Don't shake off any excess flour—it thickens the broth and gives the dish body."



Crispy



Crunchy



Creamy



Dreamy

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A Smart Drizzle

To get maximum health benefit, cook with a variety of vegetable oils.



**SKILLET-ROASTED
VEGETABLES**

Recipe on page 186

BY MARGE PERRY PHOTOS ANDY LYONS FOOD STYLING JILL LUST RECIPES LAURA MARZEN

WHAT ARE THEY? OILS ARE THE

DO-IT-ALL INGREDIENT. They help food brown, keep it from sticking to the pan, add flavor, and enhance texture. And when eaten in the right amounts, they can be good for you.

On a typical supermarket shelf you'll find canola, olive, soy, corn, safflower, sunflower, and specialty oils such as avocado and grape seed. So how do you choose? All oils are pure fat—about 14 fat grams and 120 calories per tablespoon. Where they differ is in the kinds of fats they contain (see "How They Compare," page 190).

WHY OILS ARE GOOD FOR YOU

In general, vegetable oils are lower in saturated fat than other cooking fats, such as butter. That's helpful to know, because saturated fats raise blood cholesterol levels.

While vegetable oils have saturated fat, they also provide monounsaturated and polyunsaturated fats, which provide protection against heart disease.

But, nutritionists urge—as with all foods that have healthful properties—don't focus on just one type to the exclusion of others.

No single oil is ideal for health—or cooking. "The best choice is to use a variety of oils," says David Baer, research physiologist at the USDA who studies the role of fats in our health. Penny M. Kris-Etherton, Ph.D., R.D., Professor of Nutrition at Penn State University, agrees. "I keep small bottles of olive, canola, soybean, peanut, and maybe a specialty oil on hand, and choose based on what I'm cooking." Her choices, she says, range from inexpensive to costly, from flavorless to flavorful, and offer the full complement of health benefits.

Bottom line: Vegetable oils can help keep your heart healthy, and they have anti-oxidants that may prevent cancer and other diseases.



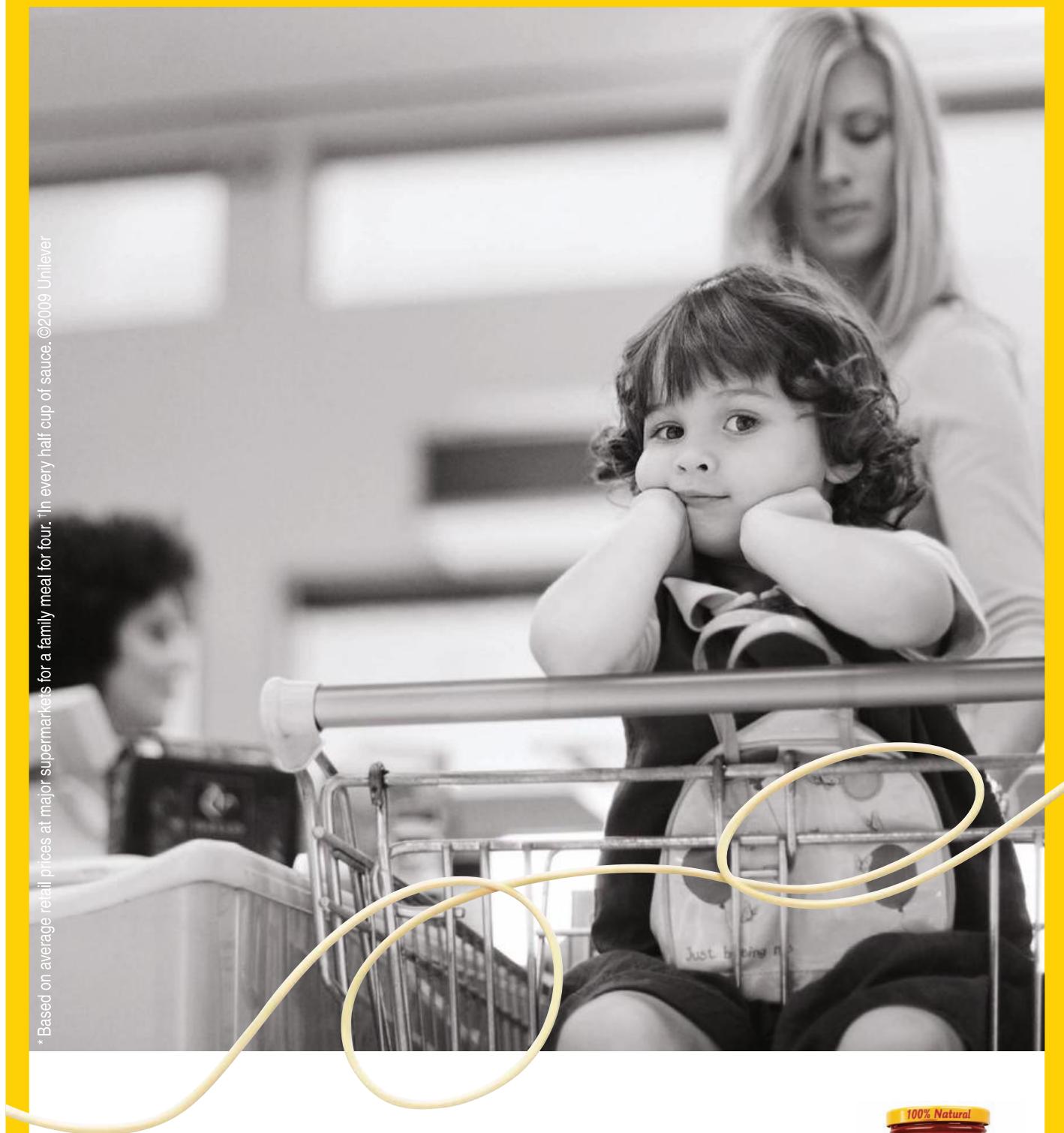
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*Based on average retail prices at major supermarkets for a family meal for four. †In every half cup of sauce. ©2009 Unilever



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THE STATS WHAT TO KNOW ABOUT OIL

1/2

OF YOUR DAILY FAT INTAKE
SHOULD BE FROM OIL

1

TEASPOON
OIL IS A SERVING

2

FAT SERVINGS IN A SMALL
FRENCH FRIES

5

MAXIMUM SERVINGS
OF OILS PER DAY**SKILLET-ROASTED VEGETABLES**

Peanut oil, with its high proportion of monounsaturated fats, helps lower cholesterol.

PREP: 20 MIN. COOK: 22 MIN.

- 8 oz. assorted baby beets
- 8 oz. tiny new potatoes or small fingerling potatoes, quartered
- 1 small sweet potato, peeled and cut in narrow wedges
- 2 to 3 Tbsp. peanut oil
- 1 cup sugar snap or snow peas, trimmed
- 1/4 tsp. salt
- 1/8 tsp. freshly ground black pepper
- 1/4 cup snipped fresh cilantro or flat-leaf (Italian) parsley
- 2 Tbsp. lemon juice
- Lemon wedges

1. Trim and halve beets; reserve 1/2 cup greens.
2. In 12-inch skillet cook beets and potatoes, covered, in hot oil over medium heat for 10 minutes, turning occasionally. Uncover and cook 10 to 15 minutes more or until tender and brown on all sides, turning occasionally. Add peas to vegetables in skillet; sprinkle salt and pepper. Cover and cook 2 to 3 minutes or until peas are crisp-tender.

3. Add reserved beet greens, cilantro, and lemon juice to skillet; toss to coat. Serve with lemon wedges. **MAKES 6 SIDE-DISH SERVINGS.**

EACH SERVING 116 cal, 5 g fat (1 g sat. fat), 0 mg chol, 146 mg sodium, 17 g carbo, 3 g fiber, 2 g pro. Daily Values: 87% vit. A, 37% vit. C, 3% calcium, 6% iron.

FAST! OLIVE OIL-TOMATO VINAIGRETTE

Get acquainted with olive oil's rich flavor and reap the heart-healthy benefits of its balance of poly- and monounsaturated fats.

PREP: 15 MIN.

- 1 medium ripe tomato, seeded and chopped
- 1 Tbsp. red wine vinegar
- 1 1/2 tsp. finely chopped shallot
- 1 tsp. Dijon-style mustard
- 1/2 tsp. snipped fresh rosemary
- 1/8 tsp. paprika
- 3 Tbsp. extra virgin olive oil

In blender combine tomato, vinegar, shallot, mustard, rosemary, paprika, and 1/8 teaspoon each salt and pepper. Cover and blend until smooth. With blender running, slowly add oil through opening in lid; blend until combined and slightly thickened. Refrigerate, covered, up to 3 days. **MAKES ABOUT 3/4 CUP.**

SPINACH-RAVIOLI SALAD Cook one 7-oz. pkg. refrigerated three-cheese miniature ravioli according to package directions. Drain, rinse; drain well. In 12-inch skillet cook two thinly sliced shallots in 1 tablespoon hot olive oil just until tender. Add one 9-oz. pkg. fresh spinach; toss until spinach begins to wilt. Place ravioli and spinach on platter; drizzle with 1/3 cup Olive Oil-Tomato Vinaigrette. Top with 1 oz. Parmesan cheese, shaved. **MAKES 6 SERVINGS.**

EACH SERVING 205 cal, 12 g fat (5 g sat. fat), 28 mg chol, 367 mg sodium, 18 g carbo, 2 g fiber, 8 g pro. Daily Values: 83% vit. A, 22% vit. C, 16% calcium, 10% iron.

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**Mama's Best Ever Spaghetti & Meatballs**

4 servings

Prep time: 20 minutes

Cook time: 20 minutes

1 lb. ground beef
1/2 cup Italian seasoned dry bread crumbs

1 egg
1 jar (1 lb. 10 oz.) Ragu® Old World Style® Smooth Pasta Sauce
8 oz. spaghetti, cooked

1. Combine ground beef, bread crumbs and egg; shape into 12 meatballs.
2. Bring Ragu® Sauce to a boil in 3-quart saucepan. Stir in uncooked meatballs.
3. Simmer, covered, stirring occasionally, 20 minutes or until meatballs are done. Serve over hot spaghetti.

Feed our kids well.





A baby portrait with “attitude” to spare!

To get the perfect snapshot, you dressed up your little one in a really cute hat—and almost nothing else. All you really wanted was a little smile, but your baby had other ideas! Truth is, you ended up with a baby portrait *so cute* that years later it was your favorite of all. And here it is for you to enjoy again, sculpted by a renowned artist.

A work of lifelike art just 5½" high

Introducing “It’s Not Easy Being Cute”, created by Master Sculptor Sherry Rawn. Enhancing this little baby’s irresistible chubbiness and adorable pose, she’s an example of truly fine sculpting. She’s crafted in realistic resin right down to the smallest lifelike detail, she’s anatomically correct, and she comes to you with her fabric diaper, plush bunny hat, baby block, and baby blanket imprinted with *It’s Not Easy Being Cute*.

Amazing detail at an incredible value

This lovable baby is offered for a limited time and demand is expected to be strong, so order NOW! Sherry Rawn’s one-of-a-kind babies sell for hundreds of dollars each. But “It’s Not Easy Being Cute” can be yours now for \$39.99*, payable in two payments of just \$19.99. Our 365-Day Guarantee assures your satisfaction. You may cancel your subscription at any time. To order, send no money now. Just complete and mail the coupon today.



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Sherry Rawn*

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TYPES OF OILS

**1. TOASTED SESAME OIL**

Contains antioxidants.

BEST FOR Adding rich nutty flavor to Asian dishes.**2. CANOLA OIL**

High in cholesterol-reducing polyunsaturated fats.

BEST FOR Sautéing, especially foods from Central and South America, and baking.**3. SOYBEAN OIL**

A higher proportion of polyunsaturated fats means "for cholesterol-lowering, soybean oil is even better than olive oil," says Penny Kris-Etherton, Penn State University nutrition professor. **BEST FOR** Everyday cooking, including sautéing.

4. OLIVE OIL

High in heart-healthy monounsaturated fats. "Helps reduce bad cholesterol," says USDA scientist David Baer.

BEST FOR Use extra virgin in salad dressings and sauces. Use regular olive oil for sautéing.**5. PEANUT OIL**

Contains vitamin E and heart-healthy plant sterols; good ratio of saturated, mono- and polyunsaturated fats.

BEST FOR Stir fries, Chinese dishes.**CARROT CAKE**

Canola oil helps reduce cholesterol, but to keep down the calorie count, flax seed meal replaces some of the fat in this recipe.

PREP: 20 MIN. BAKE: 30 MIN.**COOL: 30 MIN. OVEN: 350°F**

Nonstick cooking spray
 5 medium carrots, peeled
 ¾ cup all-purpose flour
 ½ cup flax seed meal
 ½ cup granulated sugar
 ½ cup packed brown sugar
 1 tsp. baking powder
 ½ tsp. pumpkin pie spice
 ¼ tsp. salt
 ¼ tsp. baking soda
 2 eggs, lightly beaten
 ¼ cup canola oil
 1 recipe Spiced Honey Yogurt
 1 tangerine or small orange, peeled and segmented
 Pumpkin pie spice and/or honey (optional)

1. Preheat oven to 350°F. Coat 8×8×2-inch baking pan with cooking spray. Finely shred enough carrots (about 2) to measure 1½ cups; set aside. Coarsely shred remaining carrots; spread in prepared baking pan; set aside.

2. In medium bowl stir together flour, flax seed meal, sugars, baking powder, pumpkin pie spice, salt, and baking soda; set aside. In

another medium bowl combine eggs, the 1½ cups finely shredded carrots, and oil. Add egg mixture all at once to flour mixture. Stir until combined. Spoon and carefully spread batter on carrots in prepared pan.

3. Bake 30 to 35 minutes or until wooden pick inserted near center comes out clean. Cool cake in pan on wire rack 5 minutes. Invert cake onto wire rack. Cool completely.

4. Slice square cake in halves to make two rectangles. Place one half, carrot side up, on plate. Spread ½ cup Spiced Honey Yogurt. Layer remaining cake half, carrot side down. Dollop remaining yogurt. Top with citrus segments, dust additional pumpkin pie spice, and drizzle honey. **MAKES 8 SERVINGS.**

SPICED HONEY YOGURT In small bowl combine ¾ cup Greek-style yogurt (if unavailable, see recipe below), 2 tablespoons honey, and ⅛ teaspoon pumpkin pie spice.

SUBSTITUTION FOR GREEK-STYLE YOGURT Line a strainer with three layers of 100% cotton cheesecloth or a paper coffee filter. Suspend strainer over bowl. Spoon in 1½ cups plain low-fat yogurt. Cover with plastic wrap. Refrigerate at least 24 hours. Discard liquid. Refrigerate yogurt, covered, up to 1 week.

MAKES ABOUT ¾ CUP.

EACH SERVING 260 cal, 10 g fat (1 g sat. fat), 54 mg chol, 197 mg sodium, 38 g carbo, 3 g fiber, 6 g pro. Daily Values: 129% vit. A, 11% vit. C, 7% calcium, 6% iron. ☺

KNOW YOUR OILS Aim for a balance of both polys and monos

OIL	MONOUNSATURATED FAT	POLYUNSATURATED FAT	SATURATED FAT
Canola Oil	59%	29%	7%
Olive Oil	74%	9%	13%
Peanut Oil	46%	32%	17%
Sesame Oil	41%	44%	15%
Soybean Oil	24%	61%	15%

Due to rounding, totals don't add up to 100%. Source: USDA National Nutrient Database.



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GREEN GLOSSARY



Terms to know as you shop for vegetables at the grocery store and farmer's market.

SUSTAINABLE The aim of sustainable agriculture is to be profitable and meet human consumption needs, while being environmentally sound. Sustainable agriculture also addresses the quality of life for farm workers and communities.

ORGANIC The USDA defines organic as food produced using sustainable agricultural practices with no synthetic fertilizers, conventional pesticides, or bioengineering. Organic animal products come from animals given no antibiotics or growth hormones. Look for the USDA's "Certified Organic" seal, which indicates the item is made with at least 95% organic ingredients.

NATURAL The FDA has not established a formal definition for the term "natural," but it does not object to the use of the term on product labels as long as the product contains no added color, artificial flavors, or synthetic substances. It says little about how the ingredients used to make the item should be grown or produced.

LOCAL This loose, unregulated term indicates an item was grown within a specific radius (typically no more than 100 miles). Buying locally produced foods supports the local economy and the food tends to be fresher. Local does not always mean greener, however, since food shipped shorter distances may use less fuel-efficient means than items shipped longer distances.

FOR MORE INFO

USDA.gov Read about organic and sustainable agriculture. Find farmers' markets and community supported agricultural organizations (CSAs). **Wholesomewave.org** The Wholesome Wave foundation works to make locally grown, sustainable foods available to home cooks.



GOLDEN GREEN PAELLA

Paella is traditionally made with saffron, an expensive spice that imparts a yellow-orange tint. This dish gets its golden color and earthy kick from turmeric, a brightly hued spice related to ginger.

PREP: 30 MIN. COOK: 15 MIN.

2	Tbsp. extra virgin olive oil
8	oz. peeled and deveined medium shrimp, coarsely chopped
½	tsp. salt
¼	tsp. black pepper
1	large onion, chopped
3	cloves garlic, minced
1	cup instant brown rice
½	tsp. dried oregano, crushed
¼	tsp. ground turmeric
1	14-oz. can reduced-sodium chicken broth
8	oz. fresh sugar snap pea pods (2½ cups)
1	large green sweet pepper, cut in ½-inch pieces
2	green onions, diagonally sliced
2	Tbsp. chopped fresh Italian (flat-leaf) parsley

1. In large nonstick skillet heat 1 tablespoon of the oil over medium-high heat. Add shrimp; sprinkle with half the salt and pepper. Cook, about 2 minutes or until shrimp are opaque, stirring occasionally. Remove from skillet; set aside.

2. Add remaining oil to skillet. Cook onion until almost tender. Add garlic; cook 1 minute. Stir in rice, oregano, and turmeric; cook and stir 1 minute. Add broth and remaining salt and pepper. Bring to boiling; reduce heat. Simmer, covered, 5 minutes or until most of the liquid is absorbed and rice is tender. Stir in peas and green pepper; cook 3 minutes. Stir in shrimp and green onions. Sprinkle with parsley. **MAKES 4 SERVINGS.**

EACH SERVING 239 cal, 8 g fat (1 g sat. fat), 86 mg chol, 620 mg sodium, 25 g carbo, 4 g fiber, 17 g pro. Daily Values: 21% vit. A, 111% vit. C, 8% calcium, 18% iron.

TENDER-CRISP SPRING BRAISE

Almost meatless, this dish gets all its rich flavor from only a couple of chicken thighs.

START TO FINISH: 50 MIN.

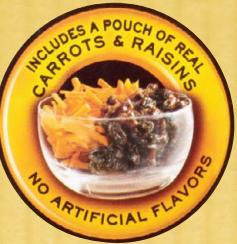
3	Tbsp. olive oil
8	oz. new potatoes, cut in ½-inch slices
4	small carrots with tops, trimmed and diagonally cut in 1-inch pieces
4	cups mushrooms, halved (12 oz.)
1	large onion, cut in thin wedges
3	cloves garlic, peeled and sliced
1	lb. asparagus, trimmed and cut in 1½-inch pieces
2	skinless, boneless chicken thighs, cut in strips
½	tsp. salt
¼	tsp. pepper
¾	cup reduced-sodium chicken broth
1	Tbsp. snipped fresh tarragon

1. In extra-large nonstick skillet heat 2 tablespoons oil over medium-high heat. Evenly layer potatoes and carrots in skillet. Cook, uncovered, 5 minutes, until potatoes are golden, turning once. Add mushrooms and onions. Cook 5 to 6 minutes, until vegetables are crisp-tender, stirring often. Add garlic and asparagus; cook 3 minutes. Transfer vegetables to bowl; set aside.

2. In same skillet heat remaining oil. Sprinkle chicken with half the salt and pepper. Cook chicken in hot oil about 3 minutes, until lightly browned, stirring occasionally. Add broth; bring to boiling. Reduce heat. Simmer, covered, about 3 minutes or until no pink remains. Increase heat to medium-high. Stir in cooked vegetables; heat through. Stir in snipped tarragon and remaining salt and pepper.

MAKES 4 SERVINGS.

EACH SERVING 266 cal, 12 g fat (2 g sat. fat), 29 mg chol, 483 mg sodium, 28 g carbo, 7 g fiber, 15 g pro. Daily Values: 223% vit. A, 47% vit. C, 8% calcium, 23% iron.



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Ingredients:

- 2 cups whole natural California Almonds
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- 2 tablespoons butter
- 1 cup turbinado sugar (Sugar in the Raw®)

Directions:

Spread almonds in a shallow pan. Place in cold oven; turn oven to 350°F and roast 12 to 20 minutes, stirring occasionally, until well roasted. Over medium heat in a medium saucepan, heat honey and butter to boiling. Reduce heat to medium low, simmer two minutes, stirring occasionally. Add almonds; simmer and stir for two minutes. Using slotted spoon, transfer the almonds to a baking sheet lined with parchment paper or sprayed with non-stick cooking spray. Spread the almonds in single layer and cool slightly. To coat, toss almonds with sugar in a medium plastic food storage bag.

Learn more at:

www.AlmondsAreIn.com

food

VEGETABLE PLATES RECIPES



ORZO-STUFFED PEPPERS WITH FETA AND MINT

Skip washing an extra pot—and conserve water—by using the same Dutch oven to cook the orzo and the stuffed peppers.

PREP: 35 MIN. COOK: 20 MIN.

3/4	cup dried orzo
4	oz. bulk Italian hot or mild (sweet) sausage
1	large onion, chopped
2	stalks celery, chopped
3	cloves garlic, minced
2	cups crumbled feta cheese (8 oz.)
1/4	cup snipped fresh mint
1/4	tsp. ground black pepper
6	medium-size red, orange, and/or yellow sweet peppers
1 1/2	cups carrot or tomato juice
1/2	tsp. salt
Fresh mint leaves	

1. In 4-to-5 quart Dutch oven cook orzo according to package directions; drain. Set aside. Wipe Dutch oven dry; set aside.

2. In large nonstick skillet cook sausage, onion, celery, and garlic until sausage is browned and onion is tender. Remove from heat; drain fat. Stir in cooked orzo, cheese, mint, and black pepper.

3. Cut tops from peppers; remove seeds and ribs. Slightly trim bottoms of peppers to stand upright. Spoon orzo mixture into peppers and replace tops; set aside. In Dutch oven stir together carrot juice and salt. Stand peppers upright in Dutch oven. Bring to boiling; reduce heat. Simmer, covered, 20 to 25 minutes, or until peppers are tender.

4. Serve peppers on rimmed plates. Spoon over any remaining cooking juices. Sprinkle additional mint. **MAKES 6 SERVINGS.**

EACH SERVING 321 cal, 15 g fat (8 g sat. fat), 48 mg chol, 791 mg sodium, 34 g carbo, 5 g fiber, 13 g pro. Daily Values: 30% vit. A, 268% vit. C, 24% calcium, 15% iron.

VEGETABLES, BEEF, AND COUSCOUS

PREP: 25 MIN. COOK: 30 MIN.

1	tsp. ground cumin
1/2	tsp. ground cinnamon
1/4	tsp. ground ginger
8	oz. beef chuck roast, cut in 1/2-inch cubes
2	Tbsp. olive oil
2	large onions, coarsely chopped
3	cloves garlic, minced
1/2	cup dried apricots, halved
1/2	cup dried tart cherries
2	bay leaves
8	to 12 mini sweet peppers, halved, or 4 small sweet peppers, quartered (seeds removed)
1/3	cup pitted kalamata olives
1 1/2	cups Israeli-style couscous
Fresh parsley, lemon peel, and/or seasoned olives (optional)	

1. In bowl combine the cumin, 1/2 teaspoon salt, the cinnamon, ginger, and 1/4 teaspoon black pepper. Add beef cubes; toss to coat.

ISRAELI COUSCOUS

Israeli-style couscous (also called pearl couscous), *below right*, is a larger flame-toasted variety, requiring longer cooking than the common fine-grain couscous, *below left*. Find Israeli couscous among specialty grains in the supermarket. If you can't locate it, substitute regular couscous.



california almonds

How to turn appetizers into party favors.

Step 1: Break out your favorite stemware.

Step 2: Roast up some California Almonds with exciting flavors and spices.

Step 3: Pour your creative cocktails to the rim, and serve.

Step 4: Feel great knowing that every tasty almond crunch helps your guests maintain a healthy cholesterol level.

Step 5: Repeat for every occasion.

Remember: Almonds always bring so much to the party. Every ounce has protein, vitamin E, fiber and lots, lots more. Not to mention, they're dynamite with drinks.



Good news about good fat

U.S. Dietary guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

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food

VEGETABLE PLATES RECIPES

2. In large skillet heat 1 tablespoon of olive oil over medium-high heat. Add beef. Cook 4 minutes, until browned. Transfer to bowl.

3. Heat remaining olive oil in skillet; add onions. Cook until nearly tender. Add garlic; cook 1 minute. Return beef and juices to skillet with 1 cup water, apricots, half the cherries, and bay leaves. Bring to boiling; reduce heat. Simmer, covered, 20 minutes or until beef is tender. Increase heat to medium-high; add peppers. Cook 5 minutes, uncovered, until peppers are tender, stirring often. Stir in olives. Meanwhile, cook couscous with remaining cherries and 1/4 teaspoon salt according to couscous package directions.

4. Remove bay leaves from vegetable mixture. Serve with couscous, parsley, lemon peel, and olives. Drizzle with pan juices.

MAKES 4 SERVINGS.

EACH SERVING 511 cal, 11 g fat (2 g sat. fat), 25 mg chol, 616 mg sodium, 81 g carbo, 9 g fiber, 21 g pro. Daily Values: 96% vit. A, 265% vit. C, 6% calcium, 21% iron.

POTATO, ZUCCHINI, AND CARROT PANCAKES

PREP: 30 MIN. COOK: 8 MIN. PER BATCH

BAKE: 10 MIN. OVEN: 425° F

- Nonstick cooking spray
- 1 medium zucchini, shredded (about 1 1/4 cups)
- 1 1/2 lb. baking potatoes, peeled and shredded (about 4 cups)
- 1 large carrot, shredded (about 1 cup)
- 1/4 cup all-purpose flour
- 5 large eggs
- 2 tsp. chopped fresh thyme or 1/2 tsp. dried thyme, crushed
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1 Tbsp. canola oil
- 1 recipe Spring Greens, right
- Mixed peppercorns, crushed (optional)

1. Preheat oven to 425°F. Lightly coat two small baking sheets with nonstick cooking spray; set aside.

2. Drain zucchini in a colander; press to squeeze out excess liquid. In large bowl combine zucchini, potatoes, carrot, flour, 1 of the eggs, thyme, salt, and pepper.

3. In extra-large nonstick skillet heat half of the oil over medium heat. To make a pancake, spoon about a 1-cup portion of potato mixture into skillet; evenly press and round edges with back of spatula to form a pancake. Cook two pancakes at a time, 4 to 5 minutes each side or until golden brown, turning once. Transfer to prepared baking sheet. Repeat with remaining oil and potato mixture.



4. With the back of a wooden spoon or a 1/4-cup measure gently press each pancake, slightly off-center, to make a 3-inch-diameter depression, deep enough to hold an egg (See "Pancake Nests," below.) Pour one egg in each nest. Place pancakes with eggs in oven, being careful not to tilt baking sheet. Bake, uncovered, 10 to 12 minutes or until eggs are cooked through. Transfer pancakes to serving plates. Serve with Spring Greens. Sprinkle with crushed peppercorns. **MAKES 4 SERVINGS.**

SPRING GREENS In large bowl combine 3 cups watercress and 1 small carrot, peeled and cut in long strips with vegetable peeler. For dressing, in bowl combine 2 teaspoons white wine vinegar, 1 teaspoon Dijon-style mustard, 1/4 teaspoon salt, and dash of black pepper. Slowly whisk in 3 tablespoons olive oil. Toss with watercress and carrot strips.

EACH SERVING 362 cal, 20 g fat (4 g sat. fat), 264 mg chol, 599 mg sodium, 34 g carbo, 4 g fiber, 13 g pro. Daily Values: 126% vit. A, 76% vit. C, 10% calcium, 17% iron.

PANCAKE NESTS

To create pancake nests for the eggs, place cooked pancakes on two small baking sheets. Using the back of a spoon make a well, slightly off center, in each pancake large enough to hold an egg. Crack an egg into a cup then slip into its nest. Bake as directed and serve hot.





make in minutes

Prep: 10 min. Cook: 20 min. Makes: 4 servings

Chicken & Broccoli Alfredo

1/2 of a 16 oz. pkg. linguine

1 cup fresh or frozen broccoli flowerets

2 tbsp. butter

1 lb. skinless, boneless chicken breasts,
cut into 1 1/2" pieces

1 can (10 3/4 oz.) Campbell's® Condensed Cream of Mushroom
Soup (Regular, 98% Fat Free or 25% Less Sodium)

1/2 cup milk

1/2 cup grated Parmesan cheese

1/4 tsp. ground black pepper

1. Prepare linguine according to package directions in 3-qt. saucepan. Add broccoli during last 4 min. of cooking time. Drain linguine and broccoli well in colander.
2. Heat butter in 10" skillet over medium-high heat. Add chicken and cook until well browned, stirring often.
3. Stir soup, milk, cheese, black pepper and linguine mixture into skillet. Cook until mixture is hot and bubbling. Serve with additional Parmesan cheese.



Grilled Chicken & Broccoli Alfredo:

Substitute grilled chicken breasts, cut into chunks,
for the skinless, boneless chicken.



Shrimp & Broccoli Alfredo:

Substitute 1 lb. fresh extra large shrimp, shelled and
deveined, for the chicken. Cook until shrimp turn pink.

For more quick, easy and delicious recipes visit:

CampbellsKitchen.com



M'm! M'm! Good!
POSSiBiLiTiEs



GREEN COOKING

Little things add up! Here is a week's worth of easy ways to be a greener cook.

1. FILL THE FREEZER

A full freezer uses less energy than an empty one. Bulk up the freezer by buying large quantities of fresh vegetables and freezing them. For freezing tips go to BHG.com/freezing_vegetables.

2. PRACTICE NO-WASTE BAKING

Buy a reusable nonstick silicone baking mat to save on parchment paper and foil.

3. PUT A LID ON IT

When bringing water to a boil, place a lid on the pot to prevent heat and energy from escaping.

4. NO PEEKING

As tempting as it is, avoid opening the oven door while it's in use. The temperature can drop anywhere from 25°F to 50°F.

5. WORK THE DISHWASHER

Typically, running the dishwasher when full without pre-rinsing dishes uses less water than hand washing. To conserve energy, run only when completely full and skip the drying cycle.

6. WATCH THE POT

Choose the right size pot or pan for the job. Large pans require more energy to heat than small ones. Make sure the pan is centered on the heating element or flame. When you can, use the same pan for multiple foods.

7. SWEAT THE SMALL STUFF

Unplug small appliances, such as the coffee maker, when not in use, and turn off lights when you leave the kitchen.

MEET DAVID & MARGE



Husband and wife David Bonom and Marge Perry created these recipes. To ensure

spring veggies make it to the plate, they keep a stash of go-to vegetable staples on hand to turn into quick meals. "Stir fries are a favorite weeknight dish—and a way to use odds and ends from our veggie stash," says Marge.

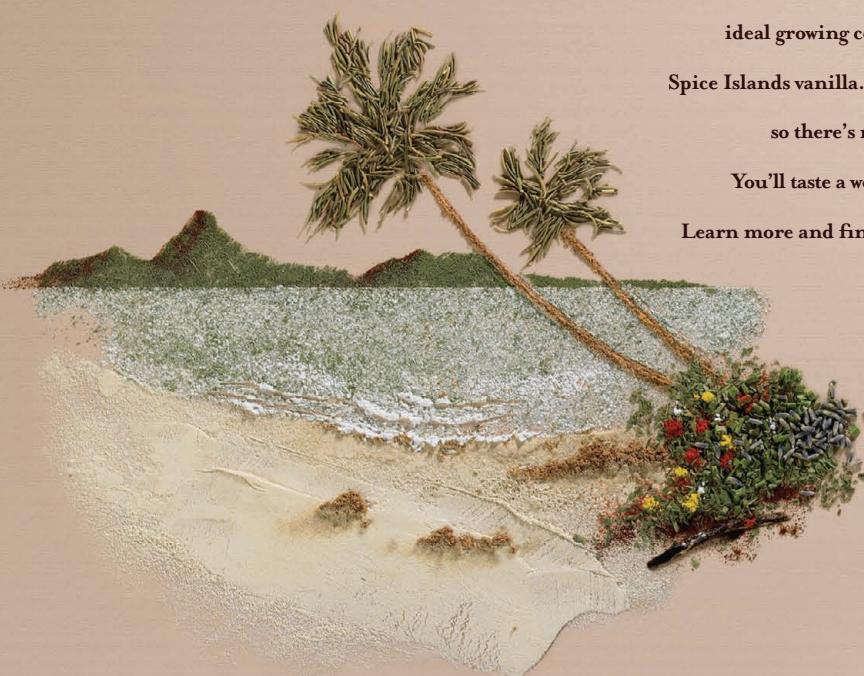
Mixing Bowl

Food and friends made fresh daily
Swap recipes with other almost-vegetarians at mixingbowl.com/grp/AlmostMeatless

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Just off Africa's southeastern coast is the tropical island of Madagascar. Here, climate and soil create ideal growing conditions for the Bourbon bean, the source of Spice Islands vanilla. The beans are naturally rich and creamy, so there's no need to add corn syrup like other brands do. You'll taste a world of difference in your recipes.

Learn more and find great recipes at spiceislands.com.



Spices in artwork:

Vanilla bean, paprika, thyme, rosemary, cream of tartar, chives, tarragon and fines herbes.

SPICE ISLANDS®
WHAT THE WORLD TASTES LIKE™



RECIPE CONTEST

Win Money

Enter your recipe to win money and prizes in our Prize Tested Recipes® Contest (see page 201).

Your original recipe could be worth up to \$400, and winning recipes will be entered to win the 2009 annual Grand Prize—worth up to \$10,000 in cash or merchandise. Enter your original recipes (recipes never before published) in Prize Tested Recipes® contest, which features two new categories each month. Each month we publish four winning recipes (top two recipes in each category).

MONTHLY PRIZES

Two \$400, two \$200, ten \$50 honor roll winners.

NOVEMBER 2009 CATEGORIES

MARVELOUS MASHERS When planning holiday feasts, a mashed vegetable is likely on the menu. What creative way have you discovered to make mashed veggies tasty and special? Perhaps you fold in cheese, bacon, nuts, dried fruit, spinach, herbs, or citrus peel. Do you top mashed vegetables with crispy fried onions, rich gravy, or light sauce? Make the dish with one or more vegetables: potatoes, sweet potatoes, carrots, rutabagas, parsnips, turnips, beans, peas, winter squash, or a combination of these and others. Send us your best recipe.

HOT DRINKS Tell us what you serve as a warming winter beverage. Do you spice up apple juice or cider, give hot chocolate a kick with spices and flavorings, stir together your own hot tea blend with fruit juice, or brew an intriguing coffee drink? Take off from these suggestions, and share your recipe for an original beverage that promises to chase away the chill.

APRIL WINNERS (PAGES 201–202)

\$400 WINNERS Margee Berry, Trout Lake, WA; Suzanne Conrad, Findlay, OH

\$200 WINNERS Dawn Forsberg, St. Joseph, MO; Christina Jordan, Woodstock, GA

\$50 HONOR ROLL WINNERS Terrie Cummings, Kennesaw, GA; James Hayes, Ridgecrest, CA; Amy Lyons, Mounds View, MN; Paula Marchesi, Lenhartsville, PA; Kristi Messner, Chandler, AZ; Alyssa Olson, Decatur, IL; Anita Porterfield, Boerne, TX; Elissa Stikeleather, Pittsburgh, PA; Donna Thomas, Dallas, TX; Margie Tyler, Murfreesboro, TN

CONTEST DETAILS

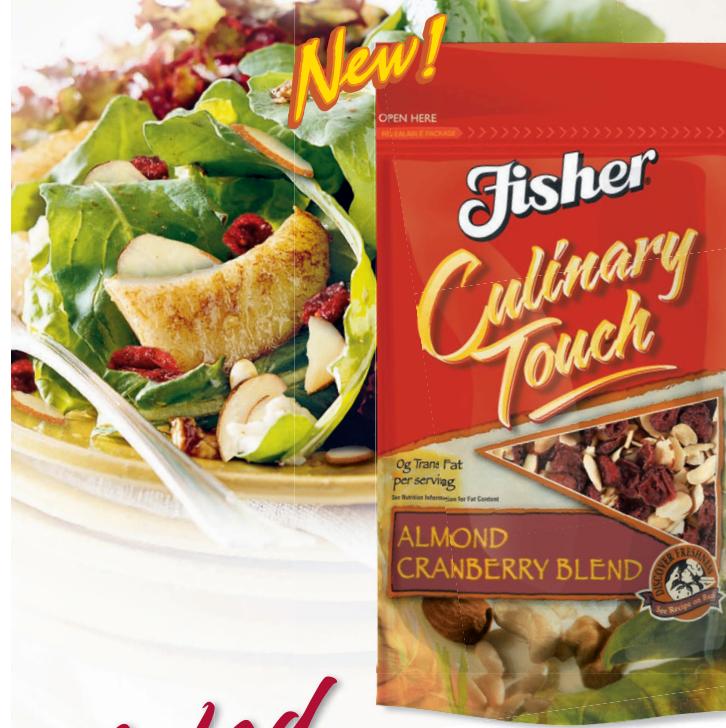
Subject to Official Rules at BHG.com/recipe/memberRecipes. No purchase necessary. Open to legal U.S. residents, 14 years or older. Void where prohibited. Sponsor: Meredith Corp., Des Moines, Iowa.

ENTRY April contest begins 3/15/09. By mail, send entries to: 1109 Food Dept., Better Homes and Gardens® magazine, Des Moines, IA 50309-3023. Online, submit entry information in an e-mail to PTR@meredith.com. E-mail entries must be received by 11:59 p.m. CT, 4/23/09. Mail entries must be postmarked by 4/23/09 and received by 4/30/09.

ENTRY INFORMATION For each Category entered, create your original recipe. Multiple entries are allowed, but each recipe must be submitted as a separate entry and each entry must meet the following requirements:

- A recipe may be submitted in either of the two monthly Categories. Write or type on each entry the Category you wish to enter. Each recipe may only be submitted for judging in one Category. Multiple entries may be submitted in the same envelope.
- Recipe entries must be original, and cannot have been previously published, won another competition or contest, or been used for advertising or promotional purposes.
- Entry must: (1) include recipe name and number of servings the recipe yields, (2) use ingredients that are available in most grocery stores, (3) list ingredients with measurements in order of use, (4) include step-by-step preparation and cooking directions, and (5) include entrant name, age, complete address with ZIP Code, and telephone number with area code; an e-mail address is optional.

SALADS MEET imagination.



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Create salads that are full of incredible flavor when you add the delicious tastes of Fisher® Culinary Touch™ Salad Toppings.

We've combined fresh wholesome nuts with select dried fruits, so you can put an entirely new spin on your salads, every day.

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Fisher®
Everything *but* ordinary

Gourmet in an instant.





PRIZE TESTED RECIPES® \$400 WINNER

SUZANNE CONRAD, FINDLAY, OH
CUPCAKES CATEGORY, APRIL 2009



CREAM SODA-TOFFEE CUPCAKES

2 cups all-purpose flour	to high 30 seconds. Add sugars; beat until well combined. Beat in eggs, one at a time, on low until combined. Beat in molasses and vanilla.
1½ tsp. baking powder	
½ tsp. baking soda	
½ cup butter, softened	3. Alternately add flour mixture, buttermilk, and cream soda to butter mixture, beating on low speed after each addition until combined. Stir in ½ cup of the toffee. Fill cups ¾ full.
¾ cup granulated sugar	Bake about 18 minutes or until tops spring back when lightly touched. Cool in pans on racks 5 minutes. Remove from pans; cool. Frost; top with remaining toffee. MAKES 18 CUPCAKES.
¼ cup packed brown sugar	
3 eggs	
1 Tbsp. molasses	
1½ tsp. vanilla	
½ cup buttermilk	BROWN BUTTER FROSTING For brown butter, in saucepan heat ½ cup butter over medium-low heat until lightly browned, about 8 minutes; cool. In bowl beat ¼ cup softened butter with mixer on medium 30 seconds. Add cooled brown butter; beat until combined. Add 2 cups powdered sugar, ½ teaspoon vanilla, ½ teaspoon ground nutmeg, and dash salt. Beat in 1 to 2 tablespoons buttermilk until spreadable. Use immediately. If frosting begins to set up, stir in a small amount of boiling water.
¾ cup toffee pieces	
1 recipe Brown Butter Frosting	
18 2½-inch muffin cups with paper bake cups;	
1. Preheat oven to 350°F. Line	
baking powder; baking soda, and ½ teaspoon salt; set aside.	
2. In large bowl beat butter with electric mixer on medium	

CLIP AND SAVE RECIPES IN YOUR **BETTER HOMES AND GARDENS®** NEW COOK BOOK



PRIZE TESTED RECIPES® \$400 WINNER

MARGE BERRY, TROUT LAKE, WA
SENSATIONAL SALMON CATEGORY, APRIL 2009



HERBED CHEESE-STUFFED SALMON

6 6-oz. fresh or frozen skinless salmon fillets	1. Thaw fish, if frozen. Rinse fish; pat dry. Preheat oven to 425°F. Finely shred enough peel from lemon to make 2 teaspoons; cut lemon in wedges and set aside. In small bowl combine semisoft cheese with garlic and herbs. Sea salt or salt
1 lemon	cheese and [lemon peel]. In top of each fillet, from about ½ inch from one edge, cut a pocket, taking care not to cut all the way through the fish. (If fillet is thin, cut into the fish at an angle.) Spoon
1 5-oz. container semisoft cheese with garlic and herbs	cheese mixture into pockets. Season fish with salt. Place in shallow baking pan. Set aside.
Sea salt or salt	2. In small bowl combine bread crumbs, Parmesan cheese (1½ oz.), cup butter, melted
1 cup soft bread crumbs (about 1½ slices)	Tbsp. pine nuts, toasted
½ cup freshly shredded Parmesan cheese (1½ oz.)	Parmesan cheese, butter, and pine nuts; sprinkle over fillets, pressing lightly. Bake, uncovered, about 14 minutes or until salmon flakes when tested with a fork. Serve with lemon wedges.
¼ cup butter, melted	MAKES 6 SERVINGS.

Preheat oven to 350°F. Line 18 2½-inch muffin cups with paper bake cups; set aside. Combine flour, baking powder, baking soda, and ½ teaspoon salt; set aside.

In large bowl beat butter with electric mixer on medium until combined. Add 2 cups powdered sugar, ½ teaspoon vanilla, ½ teaspoon ground nutmeg, and dash salt. Beat in 1 to 2 tablespoons buttermilk until spreadable. Use immediately. If frosting begins to set up, stir in a small amount of boiling water.

MORE AT
BHG.COM

To find recipes for every occasion, visit BHG.com/food

PRIZE TESTED RECIPES® \$200 WINNER

DAWN FORBERG, ST. JOSEPH, MO
SENSATIONAL SALMON CATEGORY, APRIL 2009

**PEPPER JELLY AND SOY GLAZED SALMON**

- 1 2-lb. fresh or frozen skinless salmon fillet, about 1 inch thick
 1. Thaw fish, if frozen. Rinse fish; pat dry. In saucepan melt jelly over low heat; remove. Stir in next 7 ingredients. Place fish in shallow dish; pour mixture over fish. Cover; refrigerate 1 to 2 hours, turning fish occasionally.
 2. Remove fish from marinade; reserve marinade. For charcoal grill, arrange medium-hot coals around edge of grill. Test for medium heat in center of grill. Place fish on greased piece of heavy-duty foil in center of grill. Cover; grill 15 to 18 minutes or until fish flakes when tested with a fork. (For gas grill, adjust for indirect cooking. Grill over medium heat as above.)
 3. Bring reserved marinade to boiling; reduce heat. Simmer, uncovered, 10 to 15 minutes or until reduced to $\frac{1}{2}$ cup. Drizzle over fish; sprinkle cilantro, peppers, and onions. **SERVES 8.**

PRIZE TESTED RECIPES® \$200 WINNER

CHRISTINA JORDAN, WOODSTOCK, GA
CUPCAKES CATEGORY, APRIL 2009

**CHOCOLATE CUPCAKES WITH A KICK**

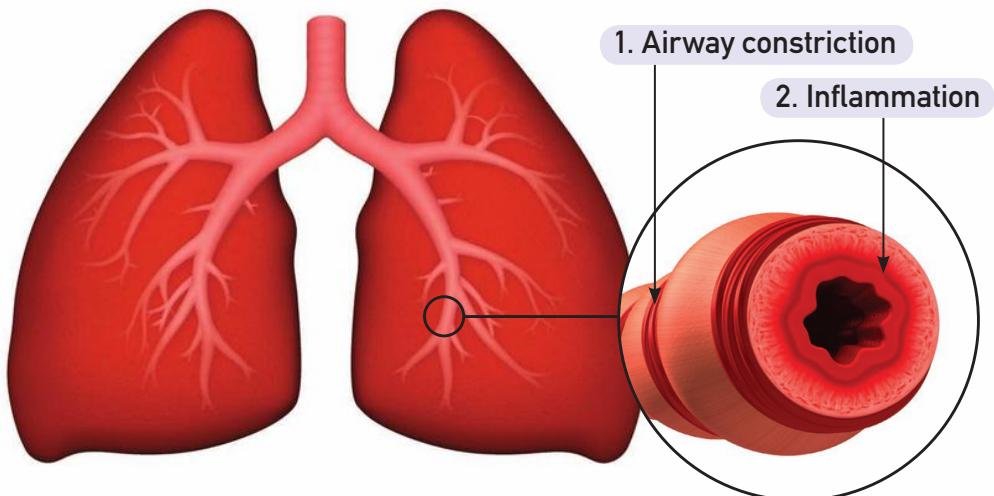
- 1 pkg. 2-layer-size chocolate or devil's food cake mix
 - 1 $\frac{1}{4}$ cup sour cream
 - 3 eggs
 - $\frac{1}{3}$ cup cooking oil
 - 2 Tbsp. instant coffee crystals to 1 tsp. ground chipotle chile pepper
 - 1 11-5-oz. pkg. semisweet chocolate chunks
 - $\frac{1}{2}$ tsp. all-purpose flour
 - 1 recipe White Frosting
 - 2 oz. semisweet chocolate, chopped
 - $\frac{1}{4}$ cup whipping cream
2. In bowl toss chocolate chunks with flour. Fold into batter. Spoon into prepared cups. Bake 18 to 22 minutes or until tops spring back when lightly touched. Cool in pans on racks 5 minutes. Remove from pans; cool. Frost with White Frosting.
3. For chocolate drizzle, place chopped chocolate in small bowl. In saucepan bring cream to boiling. Pour over chocolate; do not stir. Let stand 5 minutes; whisk until smooth. Place chocolate drizzle in resealable plastic bag; seal bag and snip off a small corner. Drizzle chocolate over cupcakes. **MAKES 24 CUPCAKES.**

WHITE FROSTING In bowl beat one 8-ounce package softened cream cheese and $\frac{1}{2}$ cup softened butter with mixer on medium to high for 30 seconds. Beat in $\frac{1}{2}$ teaspoon vanilla. Gradually beat in 2 to $2\frac{1}{2}$ cups powdered sugar until spreadable consistency.

PHOTOS AND LYONS STYLING CHARLES WORTHINGTON

GRAND PRIZE Prizes valued up to \$10,000 will be awarded for the best Prize Tested Recipe of the year. See page 199 for details.

Asthma has 2 main causes. Treating both with **ADVAIR®** helps prevent symptoms.



If your symptoms keep coming back, it could be that your medicine* can't treat both main causes of asthma.

ADVAIR treats both main causes to help prevent symptoms from occurring in the first place.



Get your first full prescription FREE!† Go to ADVAIR.com or call 1-800-513-5138.

*ADVAIR contains 2 medicines; other products may contain just 1.

†Subject to eligibility. Restrictions apply.

Important Information About ADVAIR DISKUS. Prescription ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. ADVAIR is for people who still have symptoms on another asthma controller, or who need two controllers. ADVAIR contains salmeterol. In patients with asthma, medicines like salmeterol may increase the chance of asthma-related death. So ADVAIR is not for people whose asthma is well controlled on another controller medicine.

Talk to your doctor about the risks and benefits of treating your asthma with ADVAIR. Do not use ADVAIR with long-acting beta₂-agonists for any reason. If you are taking ADVAIR, see your doctor if your asthma does not improve or gets worse. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure. Some people may experience increased blood pressure, heart rate, or changes in heart rhythm. ADVAIR is for patients 4 years and older. For patients 4 to 11 years old, ADVAIR 100/50 is for those who have asthma symptoms while on an inhaled corticosteroid.

Please see accompanying important information about ADVAIR DISKUS.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



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Prescription Assistance



If you don't have prescription coverage and can't afford your medicines, visit ppar.org, or call 1-888-4PPA-NOW (1-888-477-2669)

ADVAIR DISKUS® 100/50
(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)

ADVAIR DISKUS® 100/50, 250/50, 500/50 (fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

What is the most important information I should know about ADVAIR DISKUS?

- In patients with asthma, long-acting beta₂-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta₂-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.
- Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.
- ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- Get emergency medical care if:
 - breathing problems worsen quickly, and
 - you use your fast-acting inhaler, but it does not relieve your breathing problems.

What is ADVAIR DISKUS?

• ADVAIR DISKUS contains 2 medicines:

- fluticasone propionate (the same medicine found in FLOVENT®), an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
- salmeterol (the same medicine found in SEREVENT®), a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

Asthma

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

Important Information

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems • have high blood pressure
- have seizures • have thyroid problems
- have diabetes • have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir® (ritonavir capsules) Soft Gelatin, Norvir® (ritonavir oral solution), and Kaletra® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.**
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See "What is the most important information I should know about ADVAIR DISKUS?"
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. **Call your healthcare provider if you notice any of the following symptoms:**
 - increase in mucus (sputum) production
 - change in mucus color
 - increased breathing problems
 - increased cough
 - fever
 - chills
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
 - rash - swelling of the face, mouth, and tongue
 - hives - breathing problems
- **increased blood pressure** • **chest pain**
- **a fast and irregular heartbeat** • **headache**
- **tremor** • **nervousness**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes • throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advaire.com.

ADVAIR DISKUS, DISKUS, FLOVENT, and SEREVENT are registered trademarks of GlaxoSmithKline. Norvir and Kaletra are registered trademarks of Abbott Laboratories.



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Eggland's Best delivers more of the farm-fresh flavor your family loves. They're 100% natural. Plus, compared with ordinary eggs, they provide:

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- 3 times more Omega 3 (100 mg)
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- 19% less cholesterol; 175 mg (58% DV) vs. 215 mg (71% DV)

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THE BETTER EGG

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And we never fry our snacks. Instead, we bake the grains to crispy crunchy perfection.

Then we top them off with scrumptious flavors, like chocolatey drizzle.

In all, there are 25 sweet and savory flavors to enjoy, each at 90 calories or less per serving. Self-improvement has never tasted so good.



Good stuff made delicious

*Naturally and artificially flavored.

healthy you

Great Strides

Stepping up your walking program can burn serious calories.

BY GALE MALESKY



WEIGHT LOSS

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NUTRITION

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Some people can lose weight and keep it off without regular exercise but, chances are, you're not one of them. In fact, the vast majority of people aren't. Of those on the National Weight Control Registry—the biggest, longest-running survey of people who have lost at least 30 pounds and kept it off for more than a year—over 90 percent use physical activity to ensure their continued success.

Walking about an hour a day is their exercise of choice, something that is no surprise to Dr. Anne McTiernan, director of the Prevention Center at Fred Hutchinson Cancer Research Center in Seattle. She and her colleagues found that sedentary people who simply began to walk briskly, 60 minutes a day, six days a week—no dieting involved—saw big improvements in their health.

LOSE WEIGHT, GAIN HEALTH

COMING UP NEXT MONTH

PILLS AND POUNDS Are all those claims true? Can diet pills really help you lose weight? Find out.





Over the course of a year, the women lost 5 pounds and the men over 8 pounds. Importantly, they also decreased their belly fat—the riskiest kind—by 10 to 20 percent.

"We picked walking because it's easy, convenient, and most people can do it without injury," McTiernan says.

While almost any kind of walking is beneficial for weight loss, a few minor tweaks can have you burning a significant number of extra calories, making your goals even more attainable. Here are two such programs to try.

HIGH INTENSITY INTERVAL TRAINING

How would you like to burn more calories and increase your fitness level without spending any more time exercising? HIIT, or high intensity interval training, does exactly that. It involves short bursts of strenuous exercise alternated with lower intensity recovery periods.

In the same way that flooring your car at every green light burns extra gas, the high intensity periods of HIIT

burn extra calories, to the tune of about 25 to 50 percent more than a regular walk. As a bonus, HIIT changes the structure of your muscle cells so that, over time, they get better at burning fat instead of their normal fuel—carbohydrates.

Almost anyone can do HIIT. "But if you've been sedentary, it's best to first focus for 8 to 10 weeks on establishing consistency and duration, before you turn to intensity," says Carla Sottovia, Ph.D., assistant fitness director and lead personal trainer at the Cooper Fitness Center in Dallas. Once you've done that, you're ready to go.

One of the best things about HIIT is that it doesn't require a highly structured program, so it's easy to remember on the fly. Here's the technique in a nutshell:

- Warm up for 10-15 minutes by gradually bringing yourself up to your normal fitness walking pace. Don't skip this step, because warming up is an important way to prevent injuries.
- Interval train for the next 20-25 minutes. Start with a ratio of 1:1—that

Fitness walking is by far the most popular form of exercise. About 77 million Americans say it's their main form of activity.

is, one minute of fast walking followed by one minute of lower-intensity recovery walking. Push yourself hard for that first minute or so, then slow down for about a minute. Repeat this pattern for 20 minutes. During the intense segments, you should be breathing hard enough to find it difficult to talk. On a scale of 1 to 10, in which 1 is lying on the couch and 10 is panting and gasping for air, you should be at 8 or 9. On the recovery, you should be at 5 or 6.

- Cool down for 10-15 minutes by walking at a normal pace. A cool-down period speeds recovery and eases stiffness the next day, so always build in time for one.
- Once you are comfortable with the technique of intervals, play around with the ratio. Well-conditioned walkers often use a ratio of 2:1—two minutes of fast walking for every minute of recovery. The super-fit aim for a ratio of 3:1. Or, if you want to increase effort while staying with the 1:1 ratio, add a set of 2- or 3-pound hand weights to make your walks more challenging.

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POLE (NORDIC) WALKING

You've probably seen people walking with poles and wondered if they had somehow misplaced their skis.

You're not far off—Nordic walking began as a way for cross-country skiers to stay in shape during the warmer seasons.

A study at the Cooper Institute of Dallas found that people who used walking poles increased their calorie-burning by over 20 percent, with no increased sense of exertion. And poles are great for stabilizing yourself on uneven terrain, or to take some impact off your legs if you're carrying some extra weight or have osteoarthritis in the knees, hips, or feet.

And if you really use your arms by extending them farther out and pushing down on the poles as you walk (which also involves your core muscles), you can boost your calorie expenditure by as much as 70 percent, says Tom Rutlin, one of the country's best-known walking pole experts. "It's like working against resistance on a weight machine," he says.

Expect to pay \$70–\$100 for a

decent pair of poles. A good beginner set is the OS2 Fitness Trekker, which you can find for about \$90 at walkingpoles.com. Once you're equipped, here's how to start:

- Grip the poles so the tips touch the ground by your heels. Your forearms should be parallel to the ground. The poles have rubber-booted tips, each with a toe that juts out. Turn the toes so they face rearward.
- Begin to walk, letting the poles drag lightly behind you. Hold the grips loosely and begin to swing your arms naturally. Once that feels comfortable, extend your arms a little farther than usual. Grip the poles a little more tightly, letting them grab the ground at the top of the swing.
- As they grab, push the pole into the ground and use it to propel yourself forward. Repeat with each stride. Keep your grip fluid. The pole should strike at a 45- to 60-degree angle, not straight up and down.
- For maximum weight loss, Rutlin recommends pole walking at least 30 minutes most weekdays. On the weekend, go for one Nordic walk for as long as you can manage.

PHOTO: JUPITER IMAGES

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healthy you

The Shoe Fits

Good shoes are essential to injury prevention. Since they break down with time and use, replace shoes every year. And invest in proper walking socks, such as Drymax, drymaxsocks.com (\$20 for a 3-pack), to prevent blisters.

1. IF YOU USE Treadmills, other aerobic machines

TRY **New Balance WX1010**

This shoe has a breathable lining that keeps feet cool and dry, even while sweating. The versatile WX1010 also is good for light outdoor jogs. \$110, newbalance.com

2. IF YOU USE Unpaved trails, hiking routes

TRY **Merrell Chameleon Arc Stretch**

Bigger, deeper treads give better traction. Built for additional stability, even when the going gets a little slippery or tricky. \$100, merrell.com

3. IF YOU USE Sidewalks, malls, paved trails

TRY **Saucony Omni**

Hard surfaces are tough on joints. The Omni is a lace-on shock absorber: An internal grid system promotes stability and lessens impact. \$90, saucony.com



THE NEXT STEP

Walk at Work

Take part in National Start! Walking Day

We're spending more time at work than ever, at jobs that are physically inactive. Wouldn't it make sense to address both issues at the same time? You can, on April 8, with National Start! Walking Day, an initiative developed by the American Heart Association.

MORE AT
BHG.COM

For more on National Start! Walking Day, visit BHG.com/startwalking

WEIGHT LOSS

Pavement-Pounding Pooches

Dog owners know that no creature on earth gets more excited about a W-A-L-K. And it's even a little contagious: One study showed that dog owners get almost twice as much exercise as those without dogs—for a total of about an hour a day, most days of the week.

If you like the thought of a canine walking companion, here are some common sense things to keep in mind, courtesy of Jenna Stregowski, R.V.T., a registered veterinary technician at Georgia Veterinary Specialists in Atlanta and the dog expert for the Web site Dogs.About.com.

■ Almost any dog, any age, can be trained to walk on a leash, but it's best to start young. Familiarize your puppy with a collar and leash in the house starting at 6 weeks, but don't walk around unfamiliar dogs until your pup has had all of his parvo (a potentially fatal virus) vaccines, at around 4 months. Professional training produces the happiest walkers. Contact your local Animal Rescue League to find a good training program.

■ Easiest to walk are herders, such as Australian and German shepherds, collies, and corgis. Harder: pullers, like huskies and malamutes, and muscular, strong-willed



dogs—mastiffs, Great Danes, dobermans, and American bulldogs.

■ Male dogs and trackers (beagles and terriers, for example) love to stop and sniff, and mark their turf. Compromise. Allow them one or two special spots to do this, but keep them on task the rest of the time or you'll never be able to break a sweat.

■ Most trainers recommend a front-attaching harness that discourages pulling (brands include Easy Walk or Gentle Leader, found at pet stores). Couple the harness with an adjustable standard leash. Forget retractable leashes, which encourage pulling, and choke collars, which can damage a dog's airway.

■ Want to practice before you purchase? Plenty of animal shelters welcome volunteer dog-walkers for as little or as much time as you can devote.

BEHIND THAT CONFERENCE TABLE. (TALK AS YOU WALK.)

GET YOUR COMPANY INVOLVED IN CREATING A WALKING-FRIENDLY WORKPLACE. FOR SUGGESTIONS ON DOING THIS, VISIT AMERICANHEART.ORG AND SEARCH FOR NATIONAL START! WALKING DAY.

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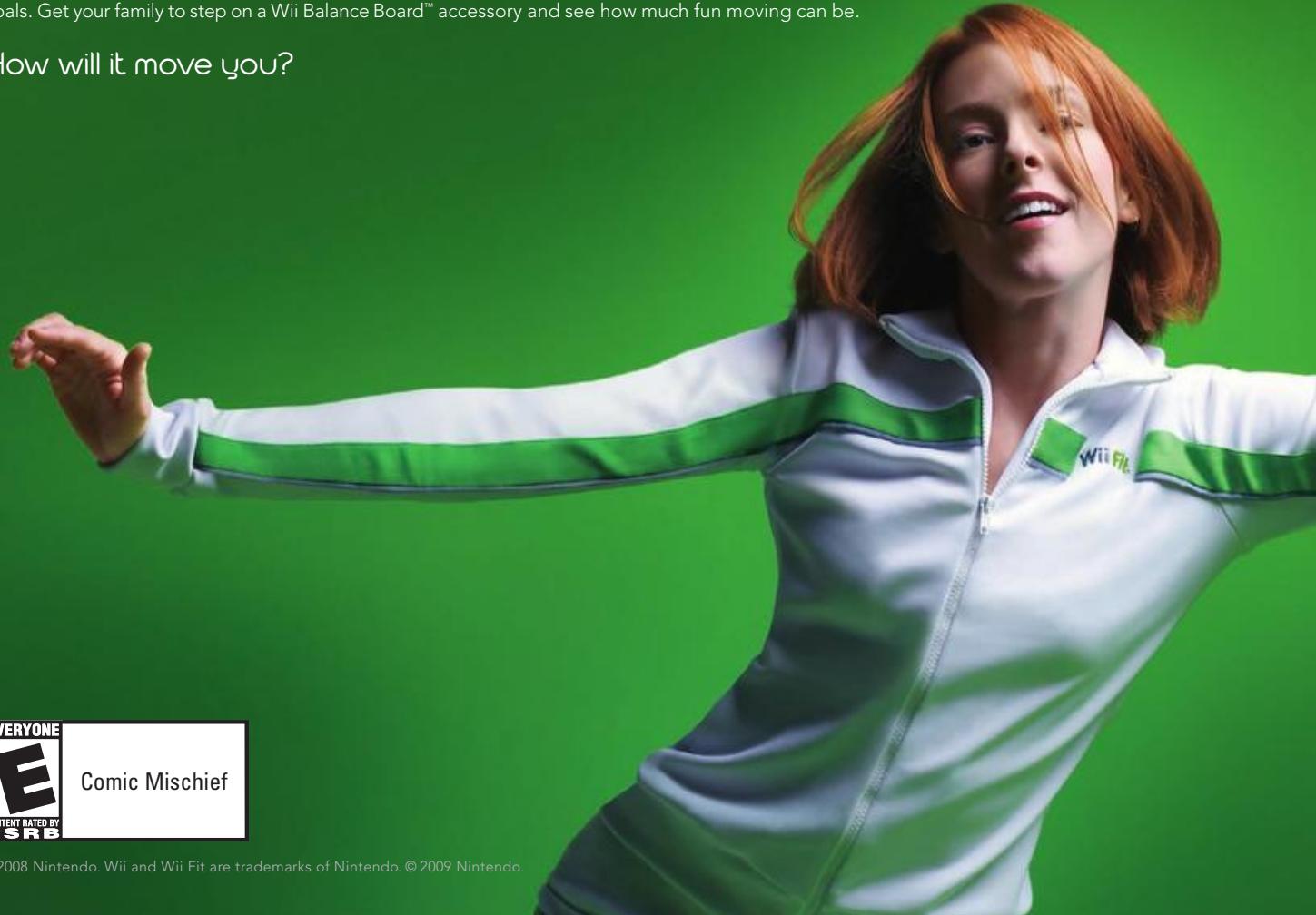
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How will it move you?



Comic Mischief

Blowin' in The Wind

Airborne allergies are on the rise.

BY MICHELE MEYER

If you want to experience a lesser-known effect of global warming, you need only follow your nose. More than 36 million Americans—twice as many as 20 years ago—suffer from the runny noses and watery, itchy eyes of seasonal allergies, reports the American Academy of Allergy, Asthma & Immunology. The higher temperatures of a warmer earth cause many of the most troublesome plants—trees, grasses, molds, ragweed—to release more spores and pollen into the air.

CHECK THE CLOCK Pollen counts are highest from 6–10 a.m., and second highest from 4–7 p.m., so avoid outdoor activities then. Forget the myth that rain will wash away allergens, says Dr. Marjorie L. Slankard, clinical medicine professor at Columbia University College of Physicians & Surgeons

in New York. “Splattering rain can shoot pollen into the air,” she says. If you’re a gardener, wear a filtering mask when working the earth between 10 a.m. and 2 p.m. Unlike pollen, that’s when mold spores are highest.

CLEAN THE AIR If you have a forced air heating and cooling system in your house, install a high performance air filter with a microparticle rating of 1200 or higher, which will trap up to 90 percent of pollen and spores. Leave your system’s fan running 24/7 during peak allergy season. Check the filter every two weeks, because it can plug up quickly when you’re running air through it constantly.

HIT THE SHOWER Pollen and other allergens collect on your skin and especially in your hair, says Dr. H. James Wedner, chief of allergy and immunology at Washington University School of Medicine in St. Louis. When you go to sleep, you transfer them to your pillow and bedclothes, putting them in direct contact with your eyes and nose. Take a quick shower before bed to clean them off.

WASH YOUR NOSE A powerful treatment for allergies is nasal irrigation. Often called neti pots, nasal irrigators look like small teapots that you fill with a prepackaged powder and warm water. Twice daily, tilt your head over the sink and gently funnel the solution through one nostril, then the other. It feels a bit odd at first, but it works wonders, Wedner says.

LOG ON FOR RELIEF The American College of Allergy, Asthma & Immunology’s new Web site—allergyandasthmarelief.org—has an easy test that measures how severe your allergies are and suggests a plan to help you feel better. Click on the Relief Self-Test to try it.

Pollen Counts Want to know whether to spend the day in bed with the covers over your head? Learn what allergens are peaking in your area at weather.com, pollen.com, or aaai.org (click on the Pollen Counts link). If the allergen that affects you is high, head symptoms off at the pass and start your treatments and medications early.

A BETTER DECONGESTANT

When allergies have your nose stuffed, you reach for a fast-acting decongestant right off the shelf. But recent research suggests it's worth the extra few minutes to ask your pharmacist for the “good stuff” that's stored behind the counter. That's because what you get on shelves are pills with an active ingredient called phenylephrine. It replaced pseudoephedrine a couple of years ago as the over-the-counter decongestant of choice because pseudoephedrine can be used in the street drug methamphetamine. But Leslie Hendeles, a University of Florida clinical pharmacist, and her colleagues recently analyzed all the evidence on phenylephrine and found that it is only 10 percent more effective than a placebo. “If you've got a stuffy nose and you can't function, a 10 percent improvement is not enough,” Hendeles says. “Pseudoephedrine is clearly more effective.” You'll have to show ID to the pharmacist and sign a registry. But for allergy relief, the added hassle is worth it.

TODAY

MON TUE WED THU FRI SAT SUN

Date

SCHEDULE**ACTION LIST**

7 Three-mile run / Drop off drycleaning
 7 Take kids to dentist appointment
 8 Drop off kids at school
 8 Pick up donuts for Joyce's birthday
 8 Breakfast meeting with Phil and Bev
 9 Summer picnic committee meeting
 9 Holiday party committee meeting
 10 Time management seminar
 10 Status meeting
 11 Call Michael's math teacher
 11 Mandatory sensitivity training
 11 Meet with Tom re: sales projections
 12 Surprise b-day party for Joyce
 12 Mail package at post office/pick up baby gift
 12 Drop off cookies at school
 1 Go through 400 emails
 2 HR meeting re: meeting etiquette
 2 Voicemail training
 3 Quarterly team meeting
 3 Finish expense report
 4 Mandatory Stress reduction seminar
 4 Return phone calls
 5 Pick up kids
 5 Meet David's mom re: playground brawl
 6 Soccer practice
 6 Go to grocery store
 7 Pick up drycleaning
 7 Dance recital

NOTES

WHEN LUNCH HOUR IS A LUNCH MINUTE.

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Survive Your Kid's Diet

Buy teen-friendly food that won't inflate your waistline.

BY GRETCHEN ROBERTS



If you have teens, you know stocking your kitchen with snacks is a parental job requirement. Sadly, a recent study confirms something you likely also know: Adults with children at home eat foods much higher in fat than adults without kids at home. But smart grocery shopping can replace typical teen snacks with healthier versions, says Elisa Zied, spokesperson for the American Dietetic Association and author of *Feed Your Family Right!*

INSTEAD OF Potato chips
TRY THIS Cereal snack mix or baked whole grain crackers

It seems you absorb calories even by smelling potato chips. A serving of Chex Mix, on the other hand, has the crunch teens love with only 5 grams of fat, while the whole grain in wheat crackers such as Wheat Thins helps fill them up faster.

INSTEAD OF Bologna sandwiches with mayonnaise
TRY THIS Low-fat turkey with mustard or horseradish

There are 100 calories in each slice

of mystery meat. By comparison, four slices of Hormel's Natural Choice oven-roasted deli turkey have just 50. Mayo has 100 calories in a tablespoon, while mustard and horseradish have almost none.

INSTEAD OF Ice cream
TRY THIS Frozen yogurt tubes
At about 300 calories per cup of ice cream, it's incredibly easy to eat your way to being a chunky monkey. Freeze a bunch of Yoplait GoGurts or Horizon Organic Yogurt Tubes and you'll knock that down to 70 or 80 calories per tube.

INSTEAD OF Mac and cheese
TRY THIS Noodles with olive oil and grated Parmesan

Boxed macaroni and cheese is quick and filling, but it has a whopping 19 grams of fat per serving, mostly saturated. Instead, boil spaghetti noodles, separate into single-serving baggies, and refrigerate. Your teen can throw the noodles in a bowl, add a tablespoon of extra virgin olive oil, microwave until hot, and sprinkle on Parmesan.

Q: Where does the potato stand nutritionally these days?

The poor potato: It has fed civilizations, yet it can't seem to shake its present-day reputation as junk food. We probably have Thomas Jefferson to thank for that. It was Jefferson who introduced the French fry to the United States. Potato chips were soon to follow, and the spud has never recovered from the damage done by these cooking methods. And cooking methods are the culprit, says Elizabeth Grainger, research dietitian at the Ohio State University Medical Center. "The potato in its natural form is a very good food," she says. One serving of potato (about the size of a computer mouse) with the peel left on has 4 grams of protein, up to 5 grams of fiber, as much potassium as two bananas, almost half the daily requirement of vitamin C, and no fat—and all for only 100 calories. Bad things don't have to happen to a good vegetable if you try this cooking method: Scrub but do not peel potatoes (any variety will do), chop them up, toss with a little olive oil, and sprinkle with your choice of herbs, salt, and pepper. Roast at 425°F until potatoes are crunchy on the outside and creamy on the inside (about 40 minutes). You'll never miss your French fries. ☀

PHOTOS: JUPITER IMAGES





People with COPD breathe better with SPIRIVA.

If you have a history of smoking and breathing problems, it could be COPD (chronic obstructive pulmonary disease). COPD includes chronic bronchitis, emphysema or both.

Ask your doctor about SPIRIVA, because it:

- ▲ Is the only once-daily, inhaled maintenance prescription treatment for both forms of COPD
- ▲ Significantly improves lung function by keeping airways open
- ▲ Helps you breathe better for a full 24 hours
- ▲ Is not a steroid

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see brief summary of full Prescribing Information on reverse.

SPIRIVA does not replace fast-acting inhalers for sudden symptoms. Do not swallow the SPIRIVA capsule. The most common side effect of SPIRIVA is dry mouth. Others include constipation and problems passing urine. Tell your doctor about your medicines, including eye drops, and illnesses like glaucoma, urinary and prostate problems. These may worsen with SPIRIVA. If you have vision changes, eye pain, your breathing suddenly worsens, you get hives, or your throat or tongue swells, stop taking SPIRIVA and contact your doctor.

For more information: **1.877.SPIRIVA or SPIRIVA.COM**

Spiriva® HandiHaler® (tiotropium bromide inhalation powder)
Brief Summary of Prescribing Information

Do Not Swallow Spiriva Capsules
For Use With HandiHaler Only

FOR ORAL INHALATION ONLY

Rx only

INDICATIONS AND USAGE

SPIRIVA HandiHaler is indicated for the long-term, once-daily, maintenance treatment of bronchospasm associated with chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema.

CONTRAINDICATIONS

SPIRIVA HandiHaler is contraindicated in patients with a history of hypersensitivity to atropine or its derivatives, including ipratropium, or to any component of this product.

WARNINGS

SPIRIVA HandiHaler is intended as a once-daily maintenance treatment for COPD and is not indicated for the initial treatment of acute episodes of bronchospasm, i.e., rescue therapy. Immediate hypersensitivity reactions, including angioedema, may occur after administration of SPIRIVA HandiHaler. If such a reaction occurs, therapy with SPIRIVA HandiHaler should be stopped at once and alternative treatments should be considered.

Inhaled medicines, including SPIRIVA HandiHaler, may cause paradoxical bronchospasm. If this occurs, treatment with SPIRIVA HandiHaler should be stopped and other treatments considered.

PRECAUTIONS

General

As an anticholinergic drug, SPIRIVA HandiHaler may potentially worsen symptoms and signs associated with narrow-angle glaucoma, prostatic hyperplasia or bladder-neck obstruction and should be used with caution in patients with any of these conditions.

As a predominantly renally excreted drug, patients with moderate to severe renal impairment (creatinine clearance of <50 mL/min) treated with SPIRIVA HandiHaler should be monitored closely (see **CLINICAL PHARMACOLOGY, Pharmacokinetics, Special Populations, Renally-impaired Patients**).

Information for Patients

It is important for patients to understand how to correctly administer SPIRIVA capsules using the HandiHaler inhalation device (see **Patient's Instructions for Use**). SPIRIVA capsules should only be administered via the HandiHaler device and the HandiHaler device should not be used for administering other medications. The contents of SPIRIVA capsules are for oral inhalation only and must not be swallowed.

Capsules should always be stored in sealed blisters. Remove only one capsule immediately before use, or its effectiveness may be reduced. Additional capsules that are exposed to air (i.e., not intended for immediate use) should be discarded.

Eye pain or discomfort, blurred vision, visual halos or colored images in association with red eyes from conjunctival congestion and corneal edema may be signs of acute narrow-angle glaucoma. Should any of these signs and symptoms develop, consult a physician immediately. Miotic eye drops alone are not considered to be effective treatment.

Care must be taken not to allow the powder to enter into the eyes as this may cause blurring of vision and pupil dilation.

SPIRIVA HandiHaler is a once-daily maintenance bronchodilator and should not be used for immediate relief of breathing problems, i.e., as a rescue medication.

Drug Interactions

SPIRIVA HandiHaler has been used concomitantly with other drugs commonly used in COPD without increases in adverse drug reactions. These include short-acting and long-acting sympathomimetic (beta-agonists) bronchodilators, methylxanthines, and oral and inhaled steroids. However, the co-administration of SPIRIVA HandiHaler with other anticholinergic-containing drugs (e.g., ipratropium) has not been studied and is therefore not recommended.

Drug/Laboratory Test Interactions

None known.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No evidence of tumorigenicity was observed in a 104-week inhalation study in rats at tiotropium doses up to 0.059 mg/kg/day, in an 83-week inhalation study in female mice at doses up to 0.145 mg/kg/day, and in a 101-week inhalation study in male mice at doses up to 0.002 mg/kg/day. These doses correspond to 25, 35, and 0.5 times the Recommended Human Daily Dose (RHDD) on a mg/m² basis, respectively. These dose multiples may be over-estimated due to difficulties in measuring deposited doses in animal inhalation studies.

Tiotropium bromide demonstrated no evidence of mutagenicity or clastogenicity in the following assays: the bacterial gene mutation assay, the V79 Chinese hamster cell mutagenesis assay, the chromosomal aberration assays in human lymphocytes *in vitro* and mouse micronucleus formation *in vivo*, and the unscheduled DNA synthesis in primary rat hepatocytes *in vitro* assay.

In rats, decreases in the number of corpora lutea and the percentage of implants were noted at inhalation tiotropium doses of 0.078 mg/kg/day or greater (approximately 35 times the RHDD on a mg/m² basis). No such effects were observed at 0.009 mg/kg/day (approximately 4 times the the RHDD on a mg/m² basis). The fertility index, however, was not affected at inhalation doses up to 1.689 mg/kg/day (approximately 760 times the RHDD on a mg/m² basis). These dose multiples may be over-estimated due to difficulties in measuring deposited doses in animal inhalation studies.

Pregnancy

Pregnancy Category C.

No evidence of structural alterations was observed in rats and rabbits at inhalation tiotropium doses of up to 1.471 and 0.007 mg/kg/day, respectively. These doses correspond to approximately 660 and 6 times the recommended human daily dose (RHDD) on a mg/m² basis. However, in rats, fetal resorption, litter loss, decreases in the number of live pups at birth and the mean pup weights, and a delay in pup sexual maturation were observed at inhalation tiotropium doses of ≥0.078 mg/kg (approximately 35 times the RHDD on a mg/m² basis). In rabbits, an increase in post-implantation loss was observed at an inhalation dose of 0.4 mg/kg/day (approximately 360 times the RHDD on a mg/m² basis). Such effects were not observed at inhalation doses of 0.009 and up to 0.088 mg/kg/day in rats and rabbits, respectively. These doses correspond to approximately 4 and 80 times the RHDD on a mg/m² basis, respectively. These dose multiples may be over-estimated due to difficulties in measuring deposited doses in animal inhalation studies.

There are no adequate and well-controlled studies in pregnant women. SPIRIVA HandiHaler should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Use in Labor and Delivery

The safety and effectiveness of SPIRIVA HandiHaler has not been studied during labor and delivery.

Nursing Mothers

Clinical data from nursing women exposed to tiotropium are not available. Based on lactating rodent studies, tiotropium is excreted into breast milk. It is not known whether tiotropium is excreted in human milk, but because many drugs are excreted in human milk and given these findings in rats, caution should be exercised if SPIRIVA HandiHaler is administered to a nursing woman.

Pediatric Use

SPIRIVA HandiHaler is approved for use in the maintenance treatment of bronchospasm associated with chronic obstructive pulmonary disease, including chronic bronchitis and emphysema. This disease does not normally occur in children. The safety and effectiveness of SPIRIVA HandiHaler in pediatric patients have not been established.

Geriatric Use

Of the total number of patients who received SPIRIVA HandiHaler in the 1-year clinical trials, 426 were <65 years, 375 were 65–74 years and 105 were ≥75 years of age. Within each age

subgroup, there were no differences between the proportion of patients with adverse events in the SPIRIVA HandiHaler and the comparator groups for most events. Dry mouth increased with age in the SPIRIVA HandiHaler group (differences from placebo were 9.0%, 17.1%, and 16.2% in the aforementioned age subgroups). A higher frequency of constipation and urinary tract infections with increasing age was observed in the SPIRIVA HandiHaler group in the placebo-controlled studies. The differences from placebo for constipation were 0%, 1.8%, and 7.8% for each of the age groups. The differences from placebo for urinary tract infections were –0.6%, 4.6% and 4.5%. No overall differences in effectiveness were observed among these groups. Based on available data, no adjustment of SPIRIVA HandiHaler dosage in geriatric patients is warranted.

ADVERSE REACTIONS

Of the 2,663 patients in the four 1-year and two 6-month controlled clinical trials, 1,308 were treated with SPIRIVA HandiHaler at the recommended dose of 18 mcg once a day. Patients with narrow angle glaucoma, or symptomatic prostatic hyper trophy or bladder outlet obstruction were excluded from these trials.

The most commonly reported adverse drug reaction was dry mouth. Dry mouth was usually mild and often resolved during continued treatment. Other reactions reported in individual patients and consistent with possible anticholinergic effects included constipation, increased heart rate, blurred vision, glaucoma, urinary difficulty, and urinary retention.

Four multicenter, 1-year, controlled studies evaluated SPIRIVA HandiHaler in patients with COPD. Table 1 shows all adverse events that occurred with a frequency of ≥3% in the SPIRIVA HandiHaler group in the 1-year placebo-controlled trials where the rates in the SPIRIVA HandiHaler group exceeded placebo by ≥1%. The frequency of corresponding events in the ipratropium-controlled trials is included for comparison.

Table 1 Adverse Experience Incidence (%) Patients in One-Year-COPD Clinical Trials

Body System (Event)	Placebo-Controlled Trials SPIRIVA [n = 550]	Placebo [n = 371]	Ipratropium-Controlled Trials SPIRIVA [n = 356]	Ipratropium [n = 179]
Body as a Whole				
Accidents	13	11	5	8
Chest Pain (non-specific)	7	5	5	2
Edema, Dependent	5	4	3	5
Gastrointestinal System Disorders				
Abdominal Pain	5	3	6	6
Constipation	4	2	1	1
Dry Mouth	16	3	12	6
Dyspepsia	6	5	1	1
Vomiting	4	2	1	2
Musculoskeletal System				
Myalgia	4	3	4	3
Resistance Mechanism Disorders				
Infection	4	3	1	3
Moniliasis	4	2	3	2
Respiratory System (upper)				
Epistaxis	4	2	1	1
Pharyngitis	9	7	7	3
Rhinitis	6	5	3	2
Sinusitis	11	9	3	2
Upper Respiratory Tract Infection	41	37	43	35
Skin and Appendage Disorders				
Rash	4	2	2	2
Urinary System				
Urinary Tract Infection	7	5	4	2

Arthritis, coughing, and influenza-like symptoms occurred at a rate of ≥3% in the SPIRIVA HandiHaler treatment group, but were <1% in excess of the placebo group.

Other events that occurred in the SPIRIVA HandiHaler group at a frequency of 1–3% in the placebo-controlled trials where the rates exceeded that in the placebo group include: **Body as a Whole**: allergic reaction, leg pain; **Central and Peripheral Nervous System**: dysphonia, paresthesia; **Gastrointestinal System Disorders**: gastrointestinal disorder not otherwise specified (NOS), gastroesophageal reflux, stomatitis (including ulcerative stomatitis); **Metabolic and Nutritional Disorders**: hypercholesterolemia, hyperglycemia; **Musculoskeletal System Disorders**: skeletal pain; **Cardiac Events**: angina pectoris (including aggravated angina pectoris); **Psychiatric Disorder**: depression; **Infections**: herpes zoster; **Respiratory System Disorder (Upper)**: laryngitis; **Vision Disorder**: cataract. In addition, among the adverse events observed in the clinical trials with an incidence of <1% were atrial fibrillation, supraventricular tachycardia, angioedema, and urinary retention.

In the 1-year trials, the incidence of dry mouth, constipation, and urinary tract infection increased with age (see **PRECAUTIONS, Geriatric Use**).

Two multicenter, 6-month, controlled studies evaluated SPIRIVA HandiHaler in patients with COPD. The adverse events and the incidence rates were similar to those seen in the 1-year controlled trials.

The following adverse reactions have been identified during worldwide post-approval use of SPIRIVA HandiHaler: application site irritation (glossitis, mouth ulceration, and pharyngolaryngeal pain), dizziness, dysphagia, epistaxis, hoarseness, intestinal obstruction including ileus paralytic, intracocular pressure increased, oral candidiasis, palpitations, pruritus, tachycardia, throat irritation, and urticaria.

DOSAGE AND ADMINISTRATION

SPIRIVA capsules must not be swallowed as the intended effects on the lungs will not be obtained. The contents of the capsules are only for oral inhalation and should only be used with the HandiHaler inhalation device (see **OVERDOSAGE** section).

The recommended dosage of SPIRIVA HandiHaler is the inhalation of the contents of one SPIRIVA capsule, once-daily, with the HandiHaler inhalation device (see **Patient's Instructions for Use**).

No dosage adjustment is required for geriatric, hepatically-impaired, or renally-impaired patients. However, patients with moderate to severe renal impairment given SPIRIVA HandiHaler should be monitored closely (see **CLINICAL PHARMACOLOGY, Pharmacokinetics, Special Populations** and **PRECAUTIONS**).

HOW SUPPLIED

The following packages are available:
carton containing 5 SPIRIVA capsules (1 unit-dose blister card) and 1 HandiHaler inhalation device (NDC 0597-0075-75)
carton containing 30 SPIRIVA capsules (3 unit-dose blister cards) and 1 HandiHaler inhalation device (NDC 0597-0075-41)
carton containing 90 SPIRIVA capsules (9 unit-dose blister cards) and 1 HandiHaler inhalation device (NDC 0597-0075-47)

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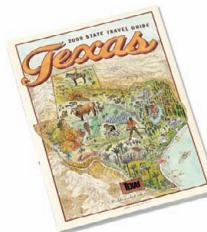
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family matters

ACTIVITIES



Flower Children

Help your own little blossoms develop a love of gardening with these kid-friendly plants.

BY LORI NUDO

Spring may still be an uncertain affair in your region. But don't wait for perfect weather to start nurturing in your children a love of things that grow. If you still have frost on the ground, plant an inside starter garden—and begin to teach your kids that the only thing truly better than stopping to smell the flowers is stopping to smell the flowers that they've planted themselves.

To help you do that, we've gathered this collection of flowers that are easy for children to grow and that hold special delights for young gardeners. They will also augment the plants in your existing garden beautifully.

If you live in the South, sow these flowers directly into your garden. If you live in the North, it's best to give them a head start indoors. Move the seedlings outdoors after the last expected frost date for your region.

FAST SPROUTERS

ZINNIAS, MARIGOLDS, COSMOS, AND NASTURTIUM

TYPE Annuals

HEIGHT From about 6 inches tall (dwarf marigolds) to about 3 feet tall (taller zinnias)

LIGHT Full sun, except nasturtium, which will take part shade.

WHAT KIDS LOVE Kids like to see fast results, and these super sprouters come to life in as few as three days.

WHAT TO GROW Plant chocolate cosmos (*Cosmos atrosanguineus*) for a whiff of sweet dark chocolate late in the day. Or plant 'Whirlybird' series nasturtium for jewel-color blooms that rise above their foliage, making them easy for kids to pick.

FOR FUN Decorate salads and cakes with nasturtium flowers. Not only are they beautiful, but both the leaves and flowers are edible. They have a spicy, peppery taste and are high in vitamin C. If you'd like to have a taste test, just make sure you don't use pesticides or chemical fertilizers on or near your plants.



CLASSIC CROWD

PLEASER

SUNFLOWER
(*HELIANTHUS*)

TYPE Annual

HEIGHT From 2 to a monumental 12 feet tall

LIGHT Full sun

WHAT KIDS LOVE This is a plant that can outgrow them in a single summer—and they love standing next to them each day to compare heights.

WHAT TO GROW Forget what you think you know about this classic summer flower. Sunflowers now come in all sizes and colors. You can grow short sunflowers, such





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family matters

ACTIVITIES



as 'Teddy Bear Dwarf' and 'Sunspot', which rarely top 2 feet, and tall sunflowers such as 'Mammoth Grey Stripe', which can reach 15 feet. Or pick your bloom color. Look beyond traditional yellow and find stunning shades of orange ('Orange Sun Bright'), red ('Prado Red'), and even a delicate creamy white ('Italian White').

FOR FUN Watch them live up to their names—sunflowers turn their heads to follow the sun from morning to night. Chart their rapid growth—see how long it takes the taller varieties

to reach their full potential or even outgrow your kids. Leave them standing, after the flowers fade, to attract pretty goldfinches. Sunflower seeds are a favorite snack for these birds and can keep them well-fed deep into the winter.

BIRD MAGNET FLOWERING TOBACCO (*NICOTIANA*)

TYPE Annual

HEIGHT 12 to 36 inches tall

LIGHT Full sun to partial shade

WHAT KIDS LOVE Hummingbirds everywhere! Many plants attract hummingbirds, but one of the most reliable is flowering tobacco. Of course, there's no *Field of Dreams* guarantee of "plant it and they will come," but you increase your chances considerably of seeing nimble-winged hummingbirds with *Nicotiana*.

WHAT TO GROW Hummingbirds especially like red flowers, so plant 'Hummingbird Red'. Or try a more fragrant variety to truly experience the delight of this flower—taller varieties, such as the classic *Nicotiana sylvestris*, tend to be most perfumed. Step outside in early evening with your children and breathe deeply. This is when the flowers release greater amounts of their wonderful scent.



FOR FUN Set a hummingbird feeder nearby to increase your chances of luring these tiny birds to your garden—if not this year, then next, when they spread the word that there are good eats to be had in your garden. Although it's considered an annual, flowering tobacco readily reseeds itself for more flowers next season.

MONARCH FOOD

BUTTERFLY WEED (*ASCLEPIASTUBEROSA*)

TYPE Perennial

HEIGHT 1.5 to 2.5 feet tall

LIGHT Full sun



WHAT KIDS LOVE In a nod to the famous Eric Carle book, they'll relish the idea of making food for very hungry caterpillars.

WHAT TO GROW Any plant in the milkweed (*Asclepias*) family is a host plant—in other words, food—for hungry monarch caterpillars, which soon turn into stately monarch butterflies. It is also attractive to other butterflies, such as red admirals, swallowtails, and skippers. It's not uncommon to see numerous caterpillars swarming these plants in summer. You can start butterfly weed from seed, but it is probably better just to build it into your garden plan and buy a plant from your local nursery as soon as the ground is ready for planting. That way you are sure to get flowers the first summer.

Get a Jump-Start on the Season

Give your flowers a head start by planting seeds indoors four to eight weeks before your last expected frost date. Don't know when that date is? Go to BHG.com/lastfrost to find out for your area. All you need then is a bag of soil-less seed-starting mix and any small container you have around (be sure it has drainage holes).

- Moisten seed-starting mix or pellets before planting. Plant seeds according to package directions. Cover containers loosely with plastic wrap to keep them moist and warm. Then wait.
- After plants sprout, turn up the light. Remove plastic wrap and place in a south-facing window with at least 8 hours of

sunlight, or use a grow light placed 2–3 inches above the plants. Young plants like about 12–16 hours of light a day.

- Transplant seedlings into larger containers as needed. Once the frost date in your area is past, your plants will be ready to go outside, but take it slow. Plants need to get used to spring weather in a transition period

called "hardening off." For a week, put them outside during the day and bring them in at night. For the first few days, put your plants in a shady spot for an hour or two, then move them into the morning sun. Keep them out of afternoon sun until the week is over and they're ready to transplant. For more tips, visit BHG.com/seedstarting.



A close-up photograph of a young boy with curly brown hair, wearing a blue t-shirt. He is smiling and looking up and to the side while eating a bite of macaroni and cheese from his hand. A hand holding a silver spoon is visible on the right side of the frame, positioned above the boy's hand. The background is a solid yellow color.

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Four Tips for Test Day

Want to help your child prepare for a big test? Use these tips to help your little ones calm pre-test jitters and set them up for success on their next exam.

- 1) Make sure your child has a quiet, well-lit place to study that is free of distractions.
- 2) Sleep is important—not just on the night before tests but every night—so make sure they get a good night's sleep.
- 3) Encourage your child to relax the night before the test, and discourage last-minute cramming.
- 4) Start their day off right with a breakfast high in fiber like Kellogg's® Frosted Mini-Wheats®. A clinical study showed kids who ate a filling breakfast of Kellogg's® Frosted Mini-Wheats® Cereal had 23% better quality of memory when compared to kids who missed out on breakfast.

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family matters

ACTIVITIES

If the butterfly weed likes its spot (lots of sun, not too wet) it will come back and reward you with blooms for many years to come.

FOR FUN Plant butterfly weed near another butterfly magnet, such as a butterfly bush (*Buddleia*). Then watch for chrysalises to form on this and nearby plants. It takes about two weeks for a chrysalis to become a beautiful butterfly. Look for the chrysalis to become transparent (it will look black because of the butterfly inside). When that happens keep a close eye—it won't be long.

DOLL MAKER

HOLLYHOCK
(*ALCEA ROSEA*)

TYPE Biennial

HEIGHT 2 to 8 feet tall



LIGHT Full sun to part shade

WHAT KIDS LOVE Learning to make hollyhock dolls and summer hideouts.

WHAT TO GROW Hollyhocks are either annual (bloom in the same year they are planted), or biennial (blooming the second year after planting). You can sow the seeds of annual plants early this spring, or buy biennial plants that are already a year old. Some hollyhocks have simple, old-fashioned looks, and others have dozens of rich, ruffly petals. First-year bloomers include 'Summer Carnival' and 'Queen Purple'. Popular picks in biennial hollyhocks include 'Chater's Double' and 'Summer Memories'.

FOR FUN Use the flowers to make hollyhock dolls (see instructions) like your grandma did as a girl. Or grow walls for a summer hideout. These plants can get really

tall—up to 8 feet—which makes them a good candidate for hollyhock houses.

HOW TO MAKE A HOLLYHOCK DOLL

1. Invert a hollyhock for the skirt.
2. Give your doll a head by attaching a flower bud to her hollyhock skirt with a toothpick.
3. Place a third flower on her "head" for a bonnet.

BY THE CLOCK

FOUR O'CLOCK
(*MIRABILIS*)



TYPE Annual

HEIGHT 2 to 3 feet tall

LIGHT Full sun to part shade

WHAT KIDS LOVE Watching the clock. These plants wake up and show their blooms around four o'clock in the afternoon. The only exception is on cloudy days when refracted sunlight causes their bright flowers to stay open all day. They are also intensely fragrant after they open, which is a delight to younger and older noses alike.

WHAT TO GROW Try the 'Stars and Stripes' series for striped and splashed blooms in shades of pink, orange, and yellow.

FOR FUN Collect their seeds. Kids love gathering them because they're large and unusual-looking and easy to handle. At the end of the season, the plants are loaded with seeds that look like black peppercorns (they are not edible). Use the seeds you and your children gather to start plants inside next year. Or let them fall where they will. They readily reseed themselves for a new crop next season. Once you get them going, you'll never be without a four o'clock in the garden. ☺



- 1492
- 1973
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family matters

GIFT GUIDE

A Little Green Basket

Stock your family's baskets with a collection of eco-friendly and garden-inspired goodies.



Wool Snappy iPod Pocket made from recycled felted wool, \$15-\$18, handmadepretties.etsy.com



Inspire young gardeners with their own seeds to start, \$2.79 each, reneesgarden.com



Buy SoulsUnited Crocs (made with recycled material) and the company will donate a pair of shoes to someone in need; \$30 (add-ons extra), crocs.com



Lavender-filled organic cotton eye pillow, \$20, and all-natural lavender effervescent bath ball, \$7, janeincproducts.com



The Nyokki Egg Pet Plant grows rye grass "hair" in less than 2 weeks, \$9.95, sprouthome.com



Organic and Fair Trade-certified, 3400 Phinney chocolate bars come in flavors from hazelnut to chai, \$3.25 each, theochocolate.com

For buying information see page 232.

PHOTOS: (BASKET) BILL HOLT; (PRODUCTS) BLAINE MOATS; PRODUCED BY JANNA LUFKIN

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RESOURCES

SOME PRODUCTS SHOWN EDITORIALLY
IN BETTER HOMES AND GARDENS®
MAGAZINE CAN BE OBTAINED LOCALLY.
FOR MORE INFORMATION OR
DEALER LOCATIONS, CONTACT
MANUFACTURERS LISTED.

JUST HATCHED

Page 13: footed bowl—World Market; 877/967-5362; worldmarket.com (product varies by location).
Page 14: egg forms—Michael's Arts & Crafts; 800/642-4235; michaels.com. Crepe paper, striped ribbon—Packaging Specialties; ps-stores.com. Fizzing shower/bath balls, "Shower Steamers"—Healdsburg Soap Co.; 707/431-7627; healdsburgsoap.com. Sticker, paper—Michael's Arts and Crafts (see previous). Paper "grass," orange check ribbon—Packaging Specialties (see previous).
Page 16: Scotch moss (*Sagina subulata*)—Wayside Gardens; waysidegardens.com. Stepables; 503/581-8915; stepables.com. Succulent (*Echeveria*)—local garden centers or Costa Farms; costafarms.com. White Flower Farm; 800/503-9624; whiteflowerfarm.com. Miniature African violets—Rob's Violet Barn, P.O. Box 9, Naples, NY 14512; 585/374-8592; violetbarn.com.
Page 18: ceramic egg rack—greenergrassdesign.com. Egg cups (similar styles)—World Market (see previous).

CITRON

Page 22: window shade fabric—Fabricut, Inc.; 800/999-8200; fabricut.com. Wall paint—Melange Green SW6710; sherwin-williams.com. Chair cushion fabric—Hancock Fabrics, Inc.; 877/322-7427; hancockfabrics.com. Desk, "Tides Turn Writing Desk"—Martha Stewart Signature Furniture By Bernhardt; bernhardt.com. Chippendale armchair, unfinished—Chairs International, Ltd.; chairsint.com.

OLD SOUL

Pages 33-40: designer—Kelly Welsh, Studio 209; 612/839-2090; kelly@designstudio209.com. All items not sourced—personal belonging, antique, or discontinued. Paint (walls, ceilings, most baseboard trim), "Glacier White" (OC-37)—Benjamin Moore; benjaminoore.com. Window trim color (kitchen, breakfast, living, hall), "Analytical Gray" (7051)—Sherwin-Williams; 800/743-7946; sherwin-williams.com.
Page 33: black armoire—Broyhill Furniture; 800/327-6944; broyhillfurniture.com. Baskets, chair—Oly Furniture (to the trade); olystudio.com; 775/336-2100. Ladder, bucket—Stillwater Antiques Mall; 651/439-6281; stillwaterantiquesmall.com. Stair rail paint color, Urbane Bronze (7048)—Sherwin-Williams (see previous).
Pages 34-35: sofa, pillows—Cisco Brothers; 323/778-3200; ciscobrothers.com. Chairs—Oly Furniture (to the trade; see previous). Curtain panels—Restoration Hardware; 800/910-9836; restorationhardware.com. Shades—Caste (to the trade); 800/828-2500; castec.com. Throws—Pottery Barn; 888/779-5176; potterybarn.com. Lamp—Room and Board; 800/301-9720; roomandboard.com. Art above bench, Mia Stone. Pots on mantel—South of Market; 843/723-1114; southofmarket.biz. Sconces—Robert Abbey; 828/322-3480; robertabbey.com. Fireplace screen—Restoration Hardware (see previous). Rug, "Capri" (Green)—Room and Board (see previous). Tables—Palacek (to the trade); 800/274-7730 ext. 6771; palecek.com.
Page 36: kitchen light fixture—South of Market (see previous). White pottery—Pottery Barn (see previous). Cabinet paint color, Adaptive Shade (7053)—Sherwin-Williams (see previous). Dining table—Four Hands (to the trade); fourhands.com. Chairs, "Gigi"—Oly Furniture (to the trade; see previous). Bench—Stillwater Antiques Mall (see previous). Barnyard Poultry art—Art Holdings; artholdings.com; 763/567-2200.
Page 38: dishes—Pottery Barn (see previous). Canisters—Target; 800/591-3869; target.com. Mirror, pots on mantel—South of Market (see previous). Sconces—Robert Abbey (see previous). Framed botanicals—Randall Tysinger Antiques (to the trade); 877/524-0080;

randalltysingerantiques.com. Bench, jug, mirror—Stillwater Antiques Mall (see previous).

Page 40: sink, base, mirrors, canisters—Restoration Hardware (see previous). Faucet—Newport Brass; 949/417-5207; newportbrass.com. Bathroom light fixture—Visual Comfort; 713/686-5999; visualcomfort.com. Bed frame—Old Biscayne; 800/397-5397; oldbiscaynedesigns.com. Nightstand—Chelsea Textiles Furniture; 908/235-5645; chelseatextiles.com. Wall color, "Cargo Pants" (7738)—Sherwin Williams (see previous).

10 WAYS TO GET A GREENER KITCHEN

Page 43: Gettysburg cabinetry (Maple with Mocha Glaze), hardware, "Flat Contour Pull" 3230SN, "Rope Knob" 3231SN in Satin Nickel—American Woodmark, through Home Depot; 800/677-8128; woodmark-homedepot.com. Countertops, "Raffia"—DuPont; 800/906-7765; corian.com. Sink, "Tanager" K-6491-1, filtered water faucet, "Carafe" K-18865—Kohler Co.; 800/456-4537; kohler.com. Hardwood flooring (Afromosia Brown in Maple) "Exotic Impressions"—Anderson; 864/833-6250; andersonfloors.com. Paint on walls (AF-365 Amulet), paint on trim (AF-5 Frostine) "Natura"—Benjamin Moore; benjaminoore.com. Pendant, "Canterbury"—Sea Gull Lighting; 800/347-5483; seagulllighting.com. Rug—Company C; 800/818-8288; companyc.com. Napkins used as café curtains, dish towel—Williams-Sonoma; 877/812-6235; williams-sonoma.com.

Page 44: induction range, 02299913000, ventilation hood, 02252303000, dishwasher, 02215248000, microwave, 02066223000, coffeemaker (Burnt Orange) 00894016000—Sears Kenmore; 888/536-6673; kenmore.com. Cutting board, tray—Comptoir de Famille; 877/233-1118; comptoir-de-famille.com. Grand Prix II 6 pc. knife block set—Wusthof; 800/289-9878; wusthof.com. Glass tile, Echo Recycled Glass: EG26B Aggie frosted and iridescent, EG100 Green Galaxy iridescent and frosted, EG200 For Keeps frosted, EG290 Peerless iridescent—Crossville; 800/221-9093; crossvilleinc.com.

Page 46: stripe fabric, floral fabric—Better Homes and Gardens fabric collection from Jo-Ann Fabric; 800/536-7551; joann.com. Light and dark blue linen fabric—Smith & Noble; 800/248-888; smithandnoble.com. Wall sconces, "Canterbury"—Sea Gull Lighting; 800/347-5483; seagulllighting.com. Go-Kart table—CB2; 800/606-6252; cb2.com. Butcherblock top on table—John Boos; 217/347-7701; johnboos.com. Transferware, "Ashley Manor Brown Transferware"—Two's Company; 800/896-7266. Pots and pans—Farberware; 800/809-7166; farberwarecookware.com. Green pitcher/glasses, Mondo Glass Collection, Cin Cin collection—Rosanna Imports; 877/343-3779; rosannainc.com. Glass compote/glasses on shelf, juice glass on table—Libbey; 419/325-2507; Libbey.com. Yellow pitcher, "Marmiton"—Comptoir de Famille; 877/233-1118; comptoir-de-famille.com. Brown plates/bowl, white coffee cup—Kiss That Frog; 510/524-7611; kissthatfrog.com. Green bowl, orange bowl—Crate & Barrel; 800/967-6696; crateandbarrel.com. Green pitcher, white plate—vintage.

Page 48: Gettysburg cabinetry (White), hardware—American Woodmark (see previous). Countertop, "Suede"—DuPont (see previous). Transferware—Two's Company (see previous). Two-pod charging station (Key Lime)—800/849-7210; spacesavers.com. 20-quart slideout trash bins in recycling cabinet—800/600-9817; organize.com. Two-tier sliding organizers in pantry—Cabinet Accessories Unlimited; 800/667-8721; kitchensource.com. Refrigerator, 04678413000—Sears Kenmore (see previous).

TRIPLE FEATURE

Pages 54-56: floor enamel (Dover White) #6385, wall paint (Welcome White)—Sherwin Williams; 800/743-7946; sherwin-williams.com. Blue pillow on black painted chair, fabric, "Tulip Toile" (Robin's Egg)—Calico Corners; 800/213-6366; calicocorners.com. Ottoman/sofa slipcover fabrication—Jean Fleming (to the trade). Acorn finial curtain rods, white sailcloth curtain panels (embellishment added)—Country Curtains; 800/456-0321; countrycurtains.com.
Page 58: blue matelassé pillows, black flocked pillows,

glass vase, mirror, painting over sofa, lamps—HomeGoods; 800/614-4663; homegoods.com (inventory varies). Metal table with glass top—Pier 1 Imports; 800/245-4595; pier1.com. Black trunk, sideboard, black metal boxes, canvas bin, bookshelves—discontinued or antiques.

DYNAMIC DUOS

Pages 60-64: Blue wall paint (Wedgewood Gray) HC-147—Benjamin Moore; benjaminoore.com. Yellow wall paint (Humble Gold) SW6380—Sherwin Williams; 800/743-7946; sherwin-williams.com. Windows throughout, Pella ProLine double hung, 33x60—800/374-4758; pella.com.

Page 66: White table, #819817, Club chair, 8832010—877/804-5535; bhgfurniture.com. Throw, "Tutti Color" (Gold)—Company C; 800/818-8288; companyc.com. Blue pillow fabric, "Arles Quilt Floral"—Calico Corners; 800/213-6366; calicocorners.com. Ball fringe for pillow—Jo-Ann Fabric; 800/536-7551; joann.com.

Page 68: Chair, "Ashton" 2123, Bryson Fawn finish in nutmeg and nailhead in brass—Mitchell Gold + Bob Williams; mgandbw.com. Green pillow—Target; 800-591-3869; target.com. Blue pillow, Slubby Basket in Robin's Egg—Isfabrics.com. Mirror—Pier 1; 800/245-4595; pier1.com. X-base end table—bhgfurniture.com (see previous).

Page 69: Thomas Paul botany aqua linen pillow—866/781-9494; velocityartanddesign.com. Skirted accent chair, Bo81010—bhgfurniture.com (see previous). Floor lamp—Lowe's; 800/445-6937; lowes.com. Aluminum side table—TJMaxx; 800/926-6299; tjmaxx.com. Rug, Mohawk Home Shag Starch Woven Rug (Tan)—Target; target.com.

Page 64: pillow, Thomas Paul goldfish linen pillow. Pillow, "Twister"—CB2; 800/606-6252; cb2.com. Chair, "French Colonial Chair" 1819—Wisteria; 800/320-9757; wisteria.com. Diamond weave braided jute rug—World Market; 877/967-5362; worldmarket.com. Apothecary floor lamp in aged bronze—Ballard Designs; 800/536-7551; ballarddesigns.com.

HOUSE CALLS

Pages 68-74: designer—Stephen Saint-Onge; stephensaint-onge.com. Painter—TopCoatFinishes.com. Drapes, throw pillows, baskets—Bed Bath and Beyond; 800/462-3966; bedbathandbeyond.com. Fabric on bulletin boards—Jo-Ann Fabric; joann.com. Wall shelves—Ballard Designs; ballarddesigns.com.

NATURAL ORDER

Pages 85-90: garden location—Serenbe, GA; 770/463-9997; serenbecommunity.com. Path lighting, CS290V—Malibu Lighting; malibu-lighting.com. Arbor and shutters—custom made.

HOME GROWN

Pages 94-98: all material used for raised beds—available at local home improvement centers.

TOPS IN POTS

Pages 102-106: Caladium 'Gingerland', Ensete 'Maurelii'—Brent and Becky's Bulbs; 877/661-2852; brentandbeckysbulbs.com. Begonia 'Boris', Begonia 'Bonfire', Calibrachoa—Plantpeddler; plantpeddler.com. Lantana 'Radiation'—local retailers; monrovia.com. Coleus 'Electric Lime', Iresine, Pepper—local retailers; simplybeautifulgardens.com. Euphorbia, Coleus 'Pineapple Splash', Begonia 'Babywing White', Buddleia—provenwinners.com. Canna—Old House Gardens; oldhousegardens.com. Green containers made of fiberglass—Target stores; target.com. Large square container—custom. Terra-cotta pot, pot feet—local nurseries.

SHARP EDGES

Pages 110-113: adhesive caulk—PL Adhesives; stickwithpl.com. Liquid Nails; liquidnails.com. Concrete edgers—garden centers nationwide.

APRIL GARDENER

Pages 114-118: corn gluten lawn products—available from retail sources, including Gardener's Supply; 888/833-1412; gardeners.com. Espoma; 800/634-0603; espoma.com. Gardens Alive! 513/354-1482; gardensalive.com.

continued on page 234

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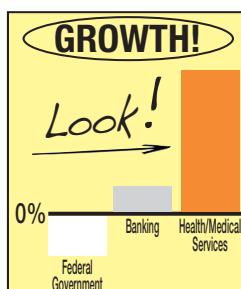
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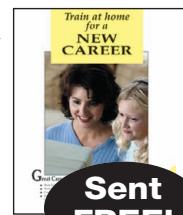
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RESOURCES

bed—Seaside, FL Pitziz Home, Malabar Grove. Linens, bedskirt and shams in front—Haute Home; 415/674-0561; hautehome.net. Bedside table—Summer House, 21 Throckmorton Ave., Mill Valley, CA 94941; 415/383-6695.

Lamp—M A Simons, Mobile, AL; 251/479-4350. Red box—Red Envelope; 877/733-3683; redenvelope.com. Paint (Weston Flax)—Benjamin Moore (see previous).

Wallpaper—Lee Jofa; leejofa.com, from Cole & Son, London; 44 (0) 207 376 4628; cole-and-son.com. Light fixture—Restoration Hardware; 800/910-9836; restorationhardware.com. White blanket with swirls—Columbine (see previous). Pillow and blanket—Plover Organic; 866/540-8377; ploverorganic.com. Little chair—personal belonging. Sheep—Jellycat; 866/339-0606; jellycat.com; available at fine gift shops nationwide. Pillow hanging from door—M A Simons (see previous).

Dresser—Bernice Denton estate sale, Nashville; 615/292-5765; berenicedenton.com. Chair and ottoman—Pottery Barn (see previous). Rug—Anthropologie (see previous). Lamp—Summer House; 415/383-6695. Paint (Minty Green)—Benjamin Moore (see previous).

Page 145: bedding and window treatments—Raoul Textiles; 310/657-4931; raoultexiles.com. Monogrammed pillows—Custom Embroidery; 615/297-2604; cembroidery.com. Beds, light fixture—Pottery Barn (see previous). Small table—Pier 1; 800/245-4595; pier1.com.

Dresser—personal belonging. Paint (Sweet Pink)—Porter Paints; 800/332-6270; porterpaints.com.

ROOM FOR EVERYTHING

Pages 152-155: interior designer—Kim Woods Interior Design, Newport Beach, CA; 949/650-1441; kimwoods.net. Contractor—Neil Longman Construction, Newport Beach, CA; 949/722-7711. Architect—Cynthia Childs, Unique Custom Homes, Newport Beach, CA; 949/718-3528. Containers—Molly Wood, Costa Mesa, CA;

mollywoodgardendesign.com. Sofa and fabrics—Superb Chair, Costa Mesa, CA; 949/650-0942. Throw pillows—Pink, "Ananas" in Woodrose; Green pattern, "Granada" in Robin's Egg; raoultexiles.com. Solid green, "Jefferson" in Citron, Pindler & Pindler; pindler.com. Beige/blue linen, "Toccata" in Sage, Rogers & Goffigon. Dining table, dining table—no source. Side table, zinc with glass top (discontinued)—Crate & Barrel; crateandbarrel.com.

Accessories, plants/containers—Molly Wood (see previous). Area rug, "East Wind Jute"—Hart's Rugs; 714/434-8440; hartsrugs.com. Window seat cushion fabric, "Crail" in Pistou #870001-08—Rogers & Goffigon.

Flooring, Huntington Beach, walnut 8-inch planks—Gaetano Wood Flooring; gaetanoinc.com. Cabinetry—Circle City Cabinets, 1980 N. Glassell St., Orange, CA; 714/282-1251. Wicker chairs—Here Today, Gone Tomorrow, Costa Mesa, CA; 949/515-9484; h2dg2m.com.

Lighting throughout—Moonlighting Studios; moonlightingstudio.com. Doors and windows—Kolbe & Kolbe Millwork Co. Inc., Builders Millwork, Santa Ana, CA. Dining room chair cushions, "Jake Stripe" in Black Tie #800-10, Perennials; perennialsfabrics.com. Green pots—Crate & Barrel (see previous). Runner—Pier 1 Imports; 800/245-4595; pier1.com. Plates, glasses—Pottery Barn (see previous).

A LITTLE GREEN BASKET

Page 230: basket—Michael's Arts & Crafts; 800/642-4235; michaels.com. Biodegradable cotton curling ribbon—Packaging Specialties; ps-stores.com.

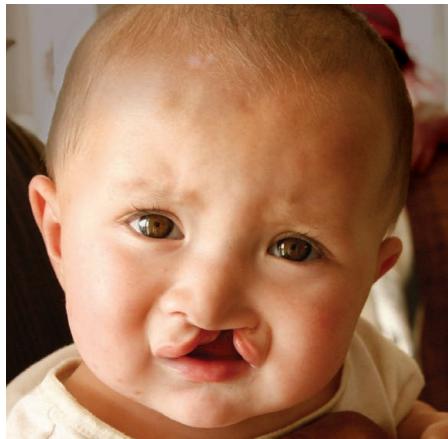
PLEASE NOTE THE FOLLOWING CORRECTIONS FROM OUR FEBRUARY 2009 ISSUE:

HOW SWEET IT IS

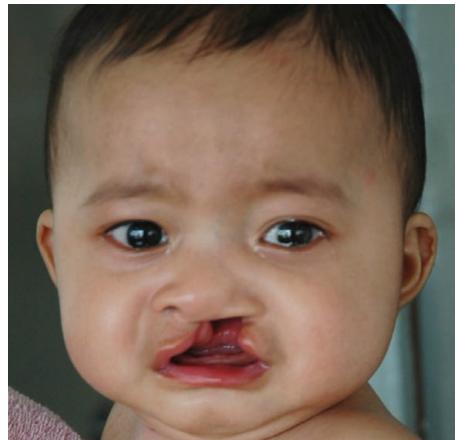
Pages 108-115: kitchen designer—Robin Amorello, CKD; 207/319-5246; atmoscaperdesign.com. Builder—Rainbow Construction, 150 Ocean House Rd., Cape Elizabeth, Maine 04107; rainbowconstructioninc.com; 207/799-3051.

Cabinetry—Cook & Cook Exquisite Custom Cabinetry, Scarborough, Maine; 207/885-0767; cookandcoockcabinetry.com.

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I Did It!

"This is like a palace compared to the playhouse I had as a kid."

DEB GEMUEND



WHEN DEB GEMUEND MOVED INTO HER SUBURBAN DETROIT HOME, a rickety storage shed quickly went down on her list of things to remove. After a closer look, she noticed faded paintings of lilacs on the gable and clouds and birds on the door that hinted at an earlier life as a playhouse. Inspired, Deb evicted a raccoon and brought the 10x12-foot playhouse back to storybook life with new siding, interior drywall, and gingerbread details. The window is an old porch door insert turned on its side. "This was so much fun," says Deb. "I can't keep my granddaughter and the neighborhood kids away from it now."

Send your I Did It! to ididit@meredith.com.

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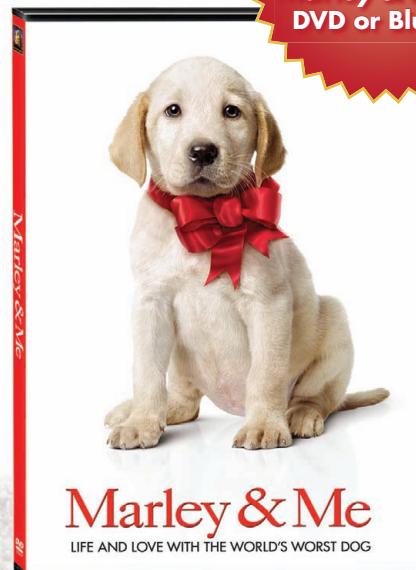
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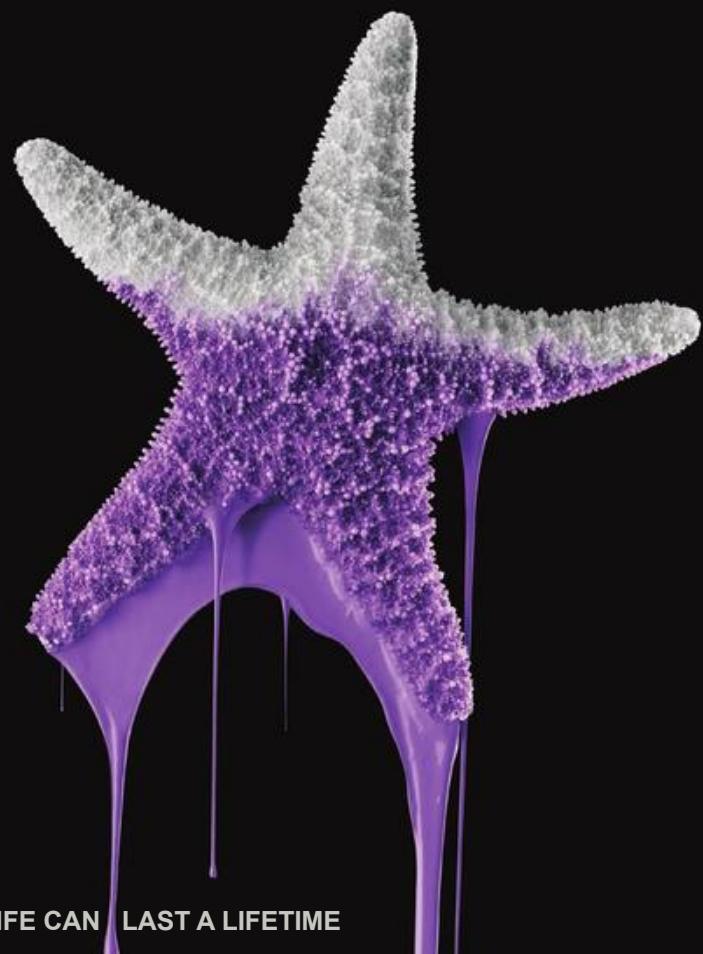
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